

## Descriptions of Brief Intervention and Brief Therapy

### > Brief Intervention

- A brief intervention, also referred to as a brief conversation, consists of up to five counseling sessions. Efficacy and effectiveness has been found for brief interventions lasting 3-5 minutes. However, one needs to provide a minimum of 15 minutes for payment under CPT and HCPC rules.
- Brief interventions can take place in various settings, such as primary healthcare settings, and can be implemented by a variety of trained behavioral and primary healthcare providers.
- Brief interventions consist of feedback about personal risk, explicit advice to change, emphasis on patient's responsibility for change, and provides a variety of ways to effect change.
- Brief intervention techniques include an empathetic style and support for the patient's perception of self-efficacy or optimism that they can change.

### > Brief Treatment/Therapy

- Brief therapy is a systematic, focused process that relies on assessment, client engagement, and immediate implementation of change strategies.
- Brief therapy is a distinct level of care that is inherently different from brief interventions and traditional specialist treatment and should not be seen as an episodic form of long-term therapy.
- Brief therapy, in relation to traditional or specialist treatment, is generally of shorter duration, conducted in partnership with the client in 1-12 highly focused and structured clinical sessions. While the above-noted timelines offer some guidance to clients, therapists, and payers, each brief therapy session is structured and conducted in anticipation that each session could be the last session. A high level of importance is placed on the work a client does outside of the therapy room; client progress does not begin and end in the therapy room.
- Brief therapy has been shown to produce successful outcomes for persons engaged in high risk substance use, mental health issues, and in some instances, those who meet ASAM criteria for substance abuse or dependence diagnoses. Appropriate placement in this level of care requires case-by-case evaluation and may include those who acknowledge problems related to substance use and are seeking or already engaged in treatment. While brief interventions seek to build awareness and resolve ambivalence about substance use, or other issues, brief therapy is focused on achieving specific, measurable, short-term goals directed at resolving current problems, skills building, and eliminating hazardous, harmful and/or debilitating behaviors.