

All treatment protocols begin with completing the 2-hour diagnostic assessment and having a 45-60 minute feedback session where a KCCAT team member will review diagnostic impressions and your proposed treatment plan. What follows is simply an example of a proposed intensive treatment plan:

		Monday	Tuesday	Wednesday	Thursday	Friday
Pre-Intensive Treatment Readiness Phase	Week 1	45-60 minute Readiness session ¹	Independent readiness homework	Independent readiness homework	Independent readiness homework	Independent readiness homework
	Week 2	45-60 minute Readiness session ¹	Independent readiness homework	Independent readiness homework	Independent readiness homework	Independent readiness homework
	Week 3	45-60 minute Readiness session ¹	Independent readiness homework	Independent readiness homework	45-60 minute Readiness session ¹	Independent readiness homework

		Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Intensive Period Week 4 ²	AM	90-120 minute session	90-120 minute session	90-120 minute session	45-60 minute session	90-120 minute session	Independent practice. KCCAT staff available for coaching ³ /check-ins (by phone or televideo) as needed.
	Mid Day	Independent practice. KCCAT staff available for coaching ³ /check-ins as needed.					
	PM	90-120 minute session	90-120 minute session	90-120 minute session	90-120 minute session	90-120 minute session	
	Evening	Independent practice. KCCAT staff available for coaching ³ /check-ins (by phone or televideo) as needed.					

¹The day of the week for these sessions may change for individual protocols. The example schedule is just for illustrative purposes.

²Depending on individual needs, some sessions during intensives may be coaching sessions rather than psychotherapy sessions.

³Coaching sessions are conducted with trainee staff members under the supervision of fully licensed staff members and focus on the repetition of exposure exercises completed in prior sessions rather than working on new clinical content/goals/exercises. These sessions allow for extra practice on treatment goals.

⁴Step-down care at this stage will vary considerably for each patient based on their individual needs, progress made on their treatment goals during the intensive, any other identified treatment goals, and plans to step-down to a provider outside of KCCAT.

		Monday	Tuesday	Wednesday	Thursday	Friday
Intensive Period Week 5 ²	AM	60-90 minute session	60-90 minute session	60-90 minute session	45-60 minute session	60-90 minute session
	Mid Day	Independent practice. KCCAT staff available for coaching ³ /check-ins as needed.				
	PM	60-90 minute session	Independent practice. KCCAT staff available for coaching ³ /check-ins as needed.	60-90 minute session	Independent practice. KCCAT staff available for coaching ³ /check-ins as needed.	60-90 minute session
	Evening	Independent practice. KCCAT staff available for coaching ³ /check-ins (by phone or televideo) as needed.				Travel home (if coming from out of town)

		Monday	Tuesday	Wednesday	Thursday	Friday
Post-Intensive Step-Down Phase	Week 6	45-60 minute session ¹	Independent practice	Independent practice	45-60 minute session ¹	Independent practice
	Week 7	45-60 minute session ¹	Independent practice	Independent practice	45-60 minute session ¹	Independent practice
	Week 8 & Beyond⁴	45-60 minute session ¹	Independent practice	Independent practice	Independent practice	Independent practice

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