



Intensive Psychological Treatments

There are many types of psychological treatment settings. Trying to make sense of them all can be confusing and difficult. This resource will explain the different intensive psychological treatment settings.

RESIDENTIAL TREATMENT FACILITY (RTF)

RTFs are one of the most restrictive and intensive treatment facilities available. RTFs involve group therapy, individual treatment or therapy, and medication management. Individuals live in the facility for an average of three months. This is a locked door setting, meaning that individuals may not leave the unit or facility without permission from the treatment team.



PSYCHIATRIC HOSPITAL

A psychiatric hospital is similar to an RTF. The main difference is the length of stay. Psychiatric hospitals are locked door facilities where individuals attend group therapy, individual therapy, and medications are managed. However, the average length of stay is about one week.



DAY HOSPITAL

Day hospitals are not as restrictive as RTFs or psychiatric hospitals. Patients attend group therapy during the day in a hospital setting, but go home each night. Medications may be provided and monitored in a day hospital. Individuals sometimes attend day hospitals after having a psychiatric hospitalization.

INTENSIVE OUTPATIENT (IOP)

Intensive outpatient is a treatment provided in a clinic or office setting. Individuals typically have three sessions with a clinician per week. IOP sessions include group therapy sessions and activities. IOP may be recommended in a place of a day hospital program, or as a step down from a day hospital.