

Guideline for Frequency of Therapy Sessions



Session 1	Week 1
Session 2	Week 1
Session 3	Week 2
Session 4	Week 2
Session 5	Week 3
Session 6	Week 3
Session 7	Week 4
Session 8	Week 5
Session 9	Week 6
Session 10	Week 7
Session 11	Week 8
Session 12	Week 9
Session 13	Week 10
Session 14	Week 11
Session 15	Week 12
Session 16	Week 14
Session 17	Week 16
Session 18	Week 18
Session 19	Optional (if the therapist believes the person needs these additional two sessions, the frequency should continue to be weekly until session 17, and then proceed to every other week).
Session 20	Optional
Booster(s)	The therapist may allow for a booster session or sessions to be scheduled following termination.

Note: Scheduling sessions should be flexible and should reflect the needs and wishes of the person whenever possible. This schedule is a general recommendation based on the clinical model, but should not be considered a requirement. The initial frequency of visits is intended to allow people with severe depression to have frequent contact with the treating therapist to provide relief from symptoms and early success with treatment. Taper sessions at the end of treatment to allow for independent use of newly acquired skills and preparation for independent coping.