

THE COALITION FOR PSYCHOTHERAPY PARITY

We are a coalition of mental health professional organizations, advocates, researchers and clinicians dedicated to defending patients' rights to access psychotherapy.

The Mission:

To advocate appropriate access to and support for psychotherapy as prescribed by the clinician without arbitrary restrictions on duration or frequency for patients who need it to achieve remission and recovery.

Research evidence demonstrates that psychotherapy:

- Is a cost-effective and evidence-based treatment that reduces morbidity, disability, and mortality for patients and lowers overall medical expenses.
- Is vital for the majority of patients with chronic or recurring disorders, of anxiety and depression, personality disorders, a history of childhood trauma, or multiple co-morbid psychiatric disorders and who need more than brief psychotherapy to achieve and maintain greater recovery than with pharmacotherapy alone.

The Obstacles:

Health insurers have created financial and administrative barriers to patients' access to more than the briefest courses of psychotherapy although many patients need more. Health insurers violate their mandate to cover Essential Health Benefits under the Affordable Care Act and also circumvent the 2008 Mental Health Parity and Addiction Equity Act (the mental health parity law) by using flawed "medical necessity" and "access to care" guidelines, that:

- Cherry pick research findings and depart from professionally accepted standards of care by limiting treatment goals to the resolution of acute symptoms and declining support for treatment of chronic and co-morbid conditions.
- Impose clinically insupportable "fail first" requirements that obligate patients to attempt and fail inferior brief interventions before supporting more appropriate and thorough treatment.
- Employ utilization reviews that lack reliability and validity, create needless administrative burdens, and violate mental health parity with limits to care that are more restrictive than for other medical, non-psychiatric care.

Join us in advocating for true mental health parity and patients' rights to support for psychotherapy as prescribed by their clinician by:

- Challenging the use of “medical necessity” and “access to care” guidelines that do not comport with professionally accepted standards of care.
- Eliminating “fail first” protocols and utilization reviews.

Join **The Coalition for Psychotherapy Parity** by becoming a signatory to the entire document (briefly summarized above) ***Clinical Necessity Guidelines for Psychotherapy, Insurance Medical Necessity and Utilization Review Protocols, and Mental Health Parity***

Read it and join the Coalition on our website:

<https://www.psychotherapyparity.org>