The BEBP Clinic provides access to short-term, weekly treatments that are scientifically proven to resolve symptoms.

We connect patients with evidence-based psychotherapy for specific diagnoses and goals. Treatment is being offered in virtual or in-person and as individual or group psychotherapy.

The BEBP Clinic is Ideal for Patients who:

- Desire short-term rather than long-term psychotherapy
- Want structured psychotherapy sessions for specific goals
- Are willing to engage in daily practice assignments
- Can commit to weekly psychotherapy for a time-limited period (usually between 6-12 weeks, up to 16 weeks)
- Have one of the conditions listed below

Current Conditions Treated:

- PTSD
- Insomnia
- Panic Attacks
- Depression
- Anxiety
- Chronic Pain
- Stress
Current Treatments Offered:

- Cognitive Processing Therapy for PTSD (CPT; 12 weeks)
- Prolonged Exposure for PTSD (PE; 8-12 weeks)
- Cognitive-Behavioral Therapy for Insomnia (CBT-i; 6 weeks)
- Cognitive-Behavioral Therapy for Panic Attacks (10 weeks)
- Cognitive-Behavioral Therapy for Chronic Pain (5 weeks)
- Acceptance and Commitment Therapy for Chronic Pain (10 weeks)
- Unified Protocol for Transdiagnostic Treatment of Emotional Disorders (12-16 weeks)
- Behavioral Activation for Depression (8-10 weeks)
- Stress Management Psychoeducational Group (5 weeks)

BEBP Clinic Guidelines and Requirements:

- Referral from an Ochsner provider within the department (besides treatment for insomnia)
- Attend a pre-treatment initial evaluation with the BEBP Coordinator
- Sign behavioral contract and BEBP guidelines
- No more than two consecutive missed sessions
- No longer than four months in the clinic (no long-term psychotherapy)
- High-risk and other conditions (e.g., suboptimal fit, inability to commit) will be referred back to the referring provider or to another resource

Admission and Billing:

- It will be a collaborative decision between you and the BEBP coordinator as to whether a treatment in the BEBP clinic will be right for you. If you are admitted to the BEBP clinic, you will be scheduled for all sessions of the treatment.
- Please check with your insurance coverage regarding billing and costs of treatment. You can call your insurance directly or contact our
patient account services representative Keoshi Johnson at 504-842-2618.

- Potential CPT Codes Used:
  - Initial evaluation: CPT code 90791
  - Individual therapy: CPT code 90834 or 90837
  - Group therapy: CPT code 90853

**Potential Wait for Treatment:**

- There may be a wait for individual and group BEBP treatments. Please coordinate with your referring provider if you need other services in the interim.
- If you do not have a provider within the Department of Psychiatry, you may call 504-842-4025 to schedule an appointment.

**Next Steps:**

- Please have your Ochsner provider place a referral to Dr. Ruhl or Dr. Primeaux for the BEBP clinic. Dr. Ruhl or Dr. Primeaux will call you to set up an appointment.
  - Dr. Ruhl: PTSD, Insomnia, Panic Attacks, Stress Management
  - Dr. Primeaux: Insomnia, Chronic Pain, Depression/Anxiety
- Or call the BEBP Clinic at 504-703-1616 to leave a message for Dr. Ruhl or Dr. Primeaux (BEBP Coordinators) indicating you are interested in setting up an intake evaluation. They will contact you to do a brief phone screening prior to scheduling the appointment.

If you are interested in reading more about evidence-based practice in psychology, please refer to the following websites:

https://www.apa.org/practice/resources/evidence/index

https://div12.org/treatments/