



## Traumatic Psychological Injury (TPI) Program Information Overview

The TPI Program was created to address the psychological, medical, functional, musculoskeletal and vocational needs of injured workers with high RTW barriers. Targeted interventions are designed to facilitate safe, sustainable return to work and claim closure.

TPI programs are individually tailored to meet the needs of the worker and may include:

- Psychosocial interventions
- Physical conditioning interventions (musculoskeletal)
- Functional restoration interventions (work simulation activities to increase work tolerances)
- Community or work site reintegration
- Return-to-Work Planning Meeting (RTWPM)
- Return-to-Work Plan Discussion (RTWPD)
- Vocational service interventions
- Modified return to work (RTW) duty progression planning
- Work site treatment
- Work site modifications/ergonomic services
- Job coaching

### Program Levels

There are three (3) levels of intervention. Workers can receive services in more than one (1) level before returning to work.

#### Level 1 – Stand Alone Psychology

Psychotherapy is primary treatment intervention for workers who have a traumatic psychological Injury. Workers may either be off work or back to work with a goal of reaching pre-accident employment through therapy. Most workers will return to work following this type of treatment.

Treatment may include:

- Cognitive behavioral therapy (8-12 sessions);
- Eye movement desensitization and reprocessing (EMDR) (2-12 sessions); and/or
- In-vitro systematic desensitization.

#### Level 2 – Psychology/Occupational Therapy

Treatment is provided with a psychologist and an occupational therapist. Psychotherapy is outlined above in Level 1.

Additional treatment may include:

- In-vivo exposure – Supported by psychological counseling, the worker is exposed to the fearful situation; and/or
- Work-site reintegration; the provision of support and job coaching as worker is returning to work..

#### Level 3 – Interdisciplinary

Interdisciplinary care service is used when the worker has multiple barriers to RTW.

These barriers may include:

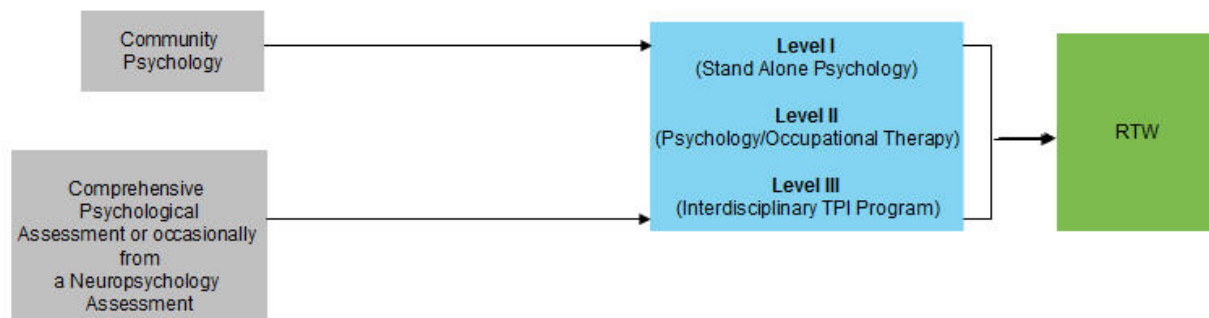
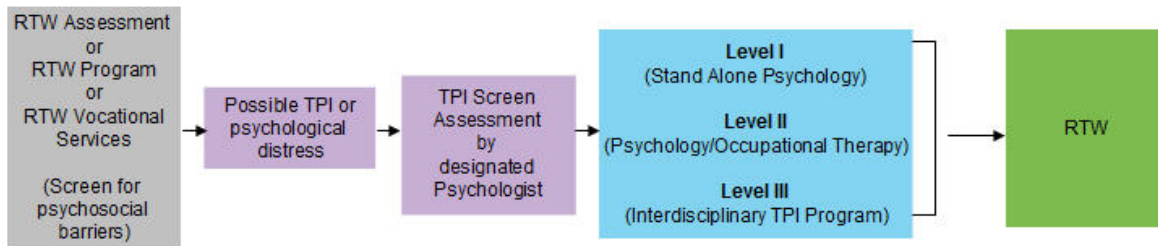
- Concurrent physical injuries;
- Concurrent functional limitations;
- Return- to-work issues ;
- Fear avoidance issues;
- Excessive pain complaints;
- Not responding or progressing with single service psychology.

## Program Implementation

A TPI program will be implemented as outlined below. Workers must meet the admission criteria of each level prior to entry and for the duration of service interventions.



## TRAUMATIC PSYCHOLOGICAL INJURY PROCESS MAP



### Admission/Continuation/Discharge Criteria

#### Level 1

**Initial** report is received within five (5) working days from admission.  
**Monthly** psychology progress reports are received every four (4) weeks.

**Discharge** reports are received within five (5) working days of the final program intervention.

#### Level 2

**Initial** report is received within five (5) working days from admission.  
**Monthly** psychology and occupational therapy progress reports are received every four (4) weeks.

**Discharge** reports are received within five (5) working days of the final program intervention.

#### Level 3

**Initial** report is received within five (5) working days from admission.

**Discharge** reports are received within five (5) working days of the final program intervention.

### Program Authorization and Duration:

*Note: Visits per week vary by program level (See procedure 41.6A)*

- **No pre-approval required** - Eight (8) weeks maximum for first authorized program period.
- **Claim owner pre-approval in writing** - Up to an additional eight (8) weeks. This eight (8) week period is considered an additional program period.
- **Health Care Consultant pre-approval in writing** - Extensions requests for more than the two program periods of services (8 weeks each).

## Questions?

For additional questions or information on TPI and other RTW programs, please call Andrea Mooney at 780-498-3960.