SECTION I

COST CONTAINMENT

The requisite knowledge base for psychotherapists has increased several-fold. Pressures to contain medical care costs prompted the evolution of a collection of tools far removed from cognitive restructuring, interpretations, exposure, and reframing. Directly and indirectly, these tools, utilized by the large payers including governments and businesses through their managed care organizations (MCOs), strongly influence the conduct of psychotherapy. Chapter 1 outlines these proliferating constraints and describes the new organizational structures (HMOs, PPOs, IPAs, PSNs) that are evolving to implement the drive for cost containment with the use of these new tools.

Therapists have several options for survival; lowest on the list of possibilities lies solo private practice unless a means is found to disengage from the managed care juggernaut. Most therapists will find their way into some kind of organizational structure either created by colleagues as described in Chapter 2 or by a regional or national managed care company.

Major battle lines are forming. Providers have become Labor, however professional our titles. Managed care organizations and their employers, the major payers, have become Management. The Industrial Revolution, based upon new technologies and the organization of la-

bor, has come to health care and to psychotherapy as described in Chapter 3. But care cannot be sold like toothpaste! The ideal future for this revolution is not limited only to cost containment. It must evolve into managing of care and ultimately into the managing of physical and mental health together.