



List of Common EAP Services at UCEBT

Learn more about our evidence-based mental health services designed to support employees, teams, and organizations

Type of Service	Purpose	Format	Timing
Individual Therapy Sessions	Support for employees experiencing mental health distress.	Initial assessment and recommendations; ongoing weekly psychotherapy.	Variable, based on presenting issues.
Comprehensive Assessments	Full diagnostic evaluation for PTSD and common co-occurring conditions.	Clinical interview, standardized testing, and written report.	Turnaround: 4–6 weeks. (est. 8–9 hrs)
Medication Management	For employees considering starting, maintaining, switching, or ending medication for mental health.	Initial assessment and recommendations; ongoing follow-up sessions.	Variable, based on needs and complexity.
New Hire Resiliency Training	Prevent mental health conditions by teaching resiliency skills and sustainable habits from the start of employment.	Group or individual instruction led by UCEBT clinician (2–3 hours).	One-time, shortly after hire.
Employee Wellness Biannual Checkup	Early detection of concerns and development of personalized resiliency strategies.	Individual meeting with therapist (assessment, coaching, or teaching).	Encouraged at 6 months post-hire; optional every 6 months
Group Seminars	Targeted resiliency education (e.g., sleep, self-care, effective communication)	Presentations tailored in collaboration with team leads.	Upon request.
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Organizational Consulting	Evaluate workplace culture and systems that impact stress and wellbeing.	Assessment and consultation by UCEBT clinician.	Upon request.
DBT Skills Training Video Package	Six months of access to comprehensive Dialectical Behavior Therapy (DBT) skills (~50 hours of instruction).	Teachable (online learning platform).	On demand for 6 months