

BEBP Clinic

Sewanee Counseling & Psychological Services



What is the BEBP Clinic?

Sewanee CAPS' **Brief Evidence-Based Psychotherapy (BEBP)** Clinic offers treatment protocols that focus on short-term, evidence-based treatments for specific diagnoses and/or treatment goals. These programs teach skills that will help participants navigate these diagnoses and achieve their goals.

All BEBP treatments include:

- Evidence-based rationale and strategies
- A set number of sessions (which will vary depending on the treatment protocol being used)
- A structured format for each session
- Standardized materials and homework
- Relevant measure(s) to assess progress

BEBP treatments can help those with:

- Anxiety and stress
- Depression
- Obsessive Compulsive Disorder (OCD)
- Difficulty with life transitions



Phone: (931) 598-1325

Email: caps@sewanee.edu

Location: Wellness Commons, ground floor

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Scheduling with the BEBP Clinic

If you are currently seeing a CAPS therapist, ask them about a BEBP referral.

Note: Your ongoing CAPS therapist cannot be your BEBP clinician.

You can call the front office with questions or to schedule with the BEBP Clinic!



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