

Empatha

The Path to Activity
The Path to Work
The Path to Outcomes



The Progressive Goal Attainment Program (PGAP®)

PGAP® is currently considered one of the most empirically supported standardized interventions for targeting psychosocial risk factors. PGAP® is considered a work-focused cognitive behavioral therapy (CBT) intervention. Several CBT techniques such as cognitive re-appraisal and emotional problem solving, graduated exposure, goal setting and maximizing success and achievement experiences are included in PGAP®. However, these techniques have been modified such that 'work disability reduction' is the central objective of using these techniques rather than 'symptom management'. In order to have maximal impact on work disability reduction, there are no passive or palliative techniques used within PGAP®. Empatha delivers PGAP® throughout the U.S.



Empatha Care Management

is a national rehabilitation company delivering evidence-based biopsychosocial programs and delayed recovery solutions. Empatha prevents and reduces costly delayed recovery associated with chronic pain, mental health, PTSD, post-Covid syndrome, concussion and other work disabling conditions.

GO OUTCOMES

90% Accuracy in predicting problematic cases

76% Return to Work

50% Reduction in Treatment Utilization

87% Patient Satisfaction

PGAP® is listed in the Official Disability Guidelines as a recommended intervention

GOFORWARD

One of the advantages of PGAP® is that it can be offered from a variety of rehabilitation and clinical disciplines. Traditionally, only mental health clinicians have provided CBT. The wider range of disciplines delivering PGAP® allows for increased accessibility to the program. The intervention is designed to be delivered by front-line rehabilitation and return to work professionals. These include occupational therapy, physical therapy, kinesiology/exercise physiology, nursing, psychology, social work, vocational rehabilitation counseling, and medicine.

PGAP® as Activity Coaching

PGAP® has been described as Activity Coaching. Through activity planning and scheduling, PGAP® activates the rehabilitation client back to meaningful life-roles including positive activities related to social, family, and work domains. As a behavioral life-role re-integration program, PGAP® targets and reduces the most robust modifiable psychosocial factors such as Catastrophic Thinking, Perceived Injustice, Fear Avoidance and Disability Beliefs. PGAP® is designed for occupational and non-occupational disability claims. PGAP® was developed at the Centre for Research on Pain and Disability at McGill University.

“Return to work is a stated objective of PGAP® and the techniques contained within PGAP® are intended to maximize the probability that work resumption is achieved.”

— Dr. Michael Sullivan —

Integrated Behavioral Health and Physical Rehabilitation Program

Empatha integrates with employer and insurer care coordination teams to deliver PGAP®.

1. Make a Referral
2. Risk Assessment Report with Program Pathway Treatment Recommendations
3. Patient Admission





Empatha's Program Includes:

Progressive Goal Attainment Program (PGAP®) Provider:
Work-focused cognitive behavioral therapy

Workability Provider: Standardized PT/OT program focused on measuring functional improvement and work capacity

Outcome Manager: PGAP® care oversight and outcomes reporting

A Work Disability Reduction Program for individuals with:

- > Acute and Chronic Pain
- > Anxiety and Depression
- > Concussion
- > Post-COVID Syndrome
- > Workplace Trauma
- > PTSD
- > Stress Claims

The Empatha Program is delivered through in person face-to-face and tele-rehabilitation services throughout the U.S. Please contact us to learn more about our programs at [800.805.1821](tel:800.805.1821) or referrals@empathacm.com



Empatha

EmpathaCM.com