

# One-At-A-Time THERAPY

*Introducing a new counseling service from the  
UAB Employee Assistance & Counseling Center*

- **One-at-a-Time Therapy** is designed to address a specific issue in a single, goal-oriented therapy session.
- The goal of a **One-at-a-Time Therapy** session is to help you gain immediate, helpful insights and discover steps you can take today to make changes in your life.
- **One-At-A-Time Therapy** research shows that about 50 percent of individuals find a single session meets their needs.

To schedule a One-at-a-Time Therapy session with an EACC counselor, go to [go.uab.edu/oaat-therapy](https://go.uab.edu/oaat-therapy)

*EACC counseling services are offered via telemental health/distance counseling and free to eligible UAB, UAB Medicine, VIVA Health, Homewood City Schools and i3 Academy employees and members of their immediate household. EACC is a HIPAA compliant entity.*

Currently One-At-A-Time Therapy is available for clients seeking individual counseling.



EMPLOYEE ASSISTANCE  
& COUNSELING CENTER

The University of Alabama at Birmingham