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Psychotherapy

Covered by TRICARE?	Limits
Yes	

TRICARE covers the following types psychotherapy:

- Individual therapy
- Conjoint, family or group sessions (up to 90 minutes)
- Collateral therapy
- Play therapy
- Psychoanalysis

You can get psychotherapy in an outpatient or inpatient setting:

- Outpatient
 - 2 sessions per week in any combination of individual, family, collateral or group sessions.
 - You may not attend more than two sessions in one week or more than one session in one day.
- Inpatient
 - 5 inpatient psychotherapy sessions per week in any combination of individual, family, collateral or group sessions.
 - Inpatient psychotherapy counts toward the 30- or 45- day limit of [acute inpatient psychiatric care](#).

TRICARE doesn't cover:

- Psychotherapy for mental disorders involving sexual function disorders
- Mind expansion therapy

Disclaimer:

This list of covered services is not all inclusive. TRICARE covers services that are medically necessary and considered proven. There are special rules or limits on certain services, and some services are [excluded](#).

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