

Therapy and treatment comparison

Therapy, counseling, treatment, and evaluation

These words do not describe one universal court requirement. Therapy and counseling often refer to work with a mental health professional; treatment is a broader term. An evaluation is an assessment and may be requested separately from ongoing care. A class or education program may also be different from therapy.

| Term in your paperwork               | What to clarify                                                              |
|--------------------------------------|------------------------------------------------------------------------------|
| Therapy or counseling                | Which service and provider are required, and who confirms completion?        |
| Evaluation                           | Who may perform the assessment, and what report is needed?                   |
| Treatment                            | Which type of treatment is specified, and is a separate assessment required? |
| Classes or education                 | Is a particular approved program required?                                   |
| Attendance or progress documentation | What information is requested, who receives it, and when?                    |

Source and more information

Massachusetts court information

Source checked September 15, 2026. Contact the relevant organization to confirm current service details.

For immediate danger, call 911. For emotional crisis support, call or text 988. For Massachusetts care navigation, call or text 833-773-2445.