

# What to Expect:

## Counseling & Psychotherapy Services

Counseling and psychotherapy services assist people experiencing a wide range of mental health concerns. Individual, couples, and family therapy services are available. Our clinical staff come from the fields of psychology, clinical social work, marriage and family therapy, nursing, and psychiatry and are licensed professionals and/or have advanced graduate training in a mental health field.

### Program Details

#### Who is eligible?

- ▶ Everyone ages 2+
- ▶ Those wanting assistance with personal, emotional, marital, relational, family/parenting, or psychological difficulties
- ▶ Most health insurance plans, including Medical Assistance and Pre-Paid Medical Assistance plans cover counseling and psychotherapy services

#### What can I expect?

- ▶ Our registration staff will work with patients to determine the best fit based on the patient's concerns, insurance, and provider availability
- ▶ Appointments typically last just under one hour, and the frequency of appointments is determined based on the patient's needs

#### Our clinicians' specialties include (in alphabetical order):

- |                                   |                                         |
|-----------------------------------|-----------------------------------------|
| ▶ Abuse                           | ▶ Grief & Loss                          |
| ▶ ADD & ADHD                      | ▶ Guilt & Shame                         |
| ▶ Addiction                       | ▶ Life Transitions                      |
| ▶ Anger Issues                    | ▶ Obsessions/Compulsions                |
| ▶ Anxiety                         | ▶ Panic Disorder                        |
| ▶ Autism                          | ▶ Personality Disorders                 |
| ▶ Bipolar Disorder                | ▶ Post-Traumatic Stress Disorder (PTSD) |
| ▶ Borderline Personality Disorder | ▶ Pregnancy/Postpartum                  |
| ▶ Chronic Pain and Medical Issues | ▶ Schizophrenia                         |
| ▶ Codependency                    | ▶ Self-Esteem Issues                    |
| ▶ Conflict Resolution Skills      | ▶ Sexual and Gender Issues              |
| ▶ Cultural Issues                 | ▶ Stress Management                     |
| ▶ Depression                      | ▶ Suicidal Thoughts                     |
| ▶ Eating Disorders                | ▶ Work Issues                           |