

Who We Are

Background

We are a mental health private practice, established to address the need for mental health services geared toward the BIPOC Community. The BIPOC community face many adversities and are disproportionately served. We intend to bridge this gap through providing exceptional mental health services.

Values

We base our core values on the acronym "F.I.G.H.T.T." We believe that through Fidelity and Integrity we can Galvanize our clients and communities to Hegemonize their fates, using Transparency and Teamwork as the catalysts for Success.

We'll work toward maintaining trustworthiness, uphold all moral and ethical principles, strive to vitalize community members, seek to catalyze their self-actualization process, take pride in being forthright and honest, and maintain a collaborative approach to achieve our mission.

Goal

We aim to cultivate your growth. Our intent is to be a guide in overcoming your current situation and increase your inner strength to thriving. Through the provision of our exceptional mental health treatments and comprehensive evaluations.

Visit us



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Resilience Therapy LLC



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RESILIENCE



THERAPY LLC.

TURNING SURVIVORS INTO THRIVERS



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Why Mental Health Matters

According to the National Alliance of Mental Illness

- 1 out of 5 adults experience mental illness each year.
- 1 out of 6 youth between 6 to 17 experience a mental health disorder each year.
- Death by suicide is the second leading cause of deaths among people between the ages of 10 to 14 in the united states

It is our responsibility to prioritize your mental health. We believe that Mental wellness is not a luxury but a priority. According to the Centers for Disease Control and Prevention, poor mental health care has a direct impact on physical health and long lasting effects that may result in heart disease, obesity, diabetes, etc.

Mental Health Treatment

Mental health treatment can vary depending on the mental health issue. There are several types of treatment such as:

- Counseling/psychotherapy (individual or group)
- Support/group therapy
- Medication management
- Brain stimulation therapy.

We primarily focus on individual and group mental health counseling treatment. We provide specialized support groups for specific mental health issues.

Our Clinical Services

We provide evidenced based mental health treatment services. Our services centers BIPOC adolescents and adult dealing with various mental health challenges including but not limited to trauma, anxious moods, stress management, depressive moods, and career and adjustment.

Individual Counseling

1-on-1 therapeutic session focusing on jointly developed goals. Individual sessions occur on a set schedule or on an as needed basis.

Group Counseling

A specified topic focused group with ten to fifteen participants facilitated by one or two trained professionals. Group sessions occur weekly or biweekly.

Workshops

Interactive psychoeducational assembly on designated subject matter with take-home resources and materials.

Immigration Evaluations

Psychological evaluations that provide support to immigration cases. Resilience Therapy LLC offer Hardship (I-601 or I-601A), Asylum, Violence Against Women Act (V.A.W.A.), T-Visa, and U-Visa evaluations.

We currently accept insurance and offer a sliding scale. The cost of services and accepted insurances are subject to change.

Choose Us

More about our services

Our clients receive services that are relatable in a culturally sensitive environment. Our therapeutic services are proven to aid in successful outcomes.

Our therapists are committed to ensuring that you are able to successfully meet your therapeutic goals. In working closely with our therapist you will gain the knowledge and insight related to your circumstances. Collaboratively, you and your therapist will work toward increasing and appropriately implementing coping skills, strategies & techniques to overcome your challenges.

Some of our evidence-based practices are:

- Cognitive Behavioral Therapy
- Cognitive processing Therapy
- Trauma-Focus Cognitive Behavioral Therapy
- Mindfulness-Based Cognitive Behavioral Therapy
- Solution-Focused Brief Therapy
- Functional Family Therapy

What is our satisfaction rate?

