

About

SERVICES

APPROACHES

- Cognitive Behavioral Therapy (CBT)
- Trauma Informed Care
- Motivational Interviewing
- Prepare/Enrich Couples Assessment
- Psychological First Aid
- Acceptance and Commitment (ACT)
- Family Systems
- Mindful- Based Cognitive Therapy (MBCT)
- Solution Focused Therapy

- Se habla español

- Trauma
- Anxiety
- Grief
- Depression
- Couples Counseling
- Panic
- Parent/Child Behavior Issues
- Relationship Issues
- Life Transitions
- PTSD
- Divorce
- First Responders
- Spirituality
- Adolescent Counseling

INSURANCE ACCEPTED

- UHC/UMR/Optum
- Aetna
- Lyra
- PPOs-Out of Network Benefits