

## **SERVICES OFFERED**

\*Services can be initiated by scheduling a FREE initial consultation. This is an opportunity to meet your therapist, explore your options for service delivery, discuss payment options, and see if therapist/setting is going to be a good fit for you. An informal assessment/evaluation with relevant diagnostic criteria will be completed within the first one to three sessions. This assessment is meant to guide treatment planning only. If an Assessment/Evaluation is needed for the following: Referral Programs; Court ordered; Eligibility Requirements (ie Sexual Harm Assessments, Social Security, Disability, etc) a separate fee will be charged.

### **FREE Initial Consultation**

A free consultation is an opportunity to meet therapist, ask questions, and decide which medium of counseling is best for you. Free initial consult also offered via telehealth and by phone.

### **Individual Counseling**

Counseling can be short or long termed, depending on the identified issues of concern. During counseling you learn about your mental health condition, including your moods, feelings, thoughts and behaviors. Counseling can help you learn to respond to challenging situations with healthy coping skills. Average Session Length 50 min.

*Shorter or longer sessions available*

### **Couples/Marriage Counseling**

Marriage counseling helps couples of all types recognize and resolve conflicts and improve their relationships. Through marriage counseling, you can make thoughtful decisions about rebuilding and strengthening your relationship or going your separate ways. Marriage counseling typically includes both partners, but sometimes one partner chooses to work with a therapist alone. The specific treatment plan depends on the situation. Average session Length is 50 min.

*Shorter or longer Session Available*

### **Family Counseling**

Family therapy is a type of psychological counseling that can help family members improve communication and resolve conflicts. Family therapy is often short term and may include all family members or just those able or willing to participate. Specific treatment plan will depend on family's situation. Family sessions can teach skills to deepen family connections and get through stressful times, even after therapy sessions are over. Average session length is 50 min.

*Shorter or longer sessions available*

### **Behavioral Health Coaching**

Behavioral Health Coaching is action oriented with an emphasis on improving one's present life and reaching goals for the future. Coaching will help with identifying clarifying and defining life goals; creating a plan that will use your skills and strengths to reach those goals; holding you

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accountable for progress and achievement of those goals; and providing structure, inspiration, guidance, motivation, and support.

### Individual Teleconference

Telephone sessions are usually short-term and limited in scope to review therapeutic interventions learned in psychotherapy; limited crisis intervention strategies; referral and resource linking; and limited problem-solving activities. Average length 25-30 min.

(This service is usually utilized as supplemental to either Individual Counseling and/or Behavioral Health Coaching Services)

\*All individual, family, couples/marriage, and behavioral health coaching sessions are available telehealth (by secure video). Teleconference appointments also available. When scheduling, indicate if the appointment will be telehealth or by phone in the notes section. After scheduling your telehealth session, you will be provided with a secure, unique session link for every appointment. There are no apps to download — you will be able to join your Telehealth session from anywhere; you will only need a reliable internet connection and your secure appointment link. You can also join sessions easily from your Client Portal account. At the time of your scheduled teleconference (by phone) your therapist will place call to the number you have provided in your profile. If you would like to be called at a different number than what is in your profile, please provide in notes section at time of scheduling.