



YOUTH TOWN OF TENNESSEE

OUTPATIENT COUSLING

*Youth Town now offers outpatient
services for male and females ages 13-17*

To inquire about services call us at 731-988-5251



Treatment Methods:

We specialize in co-occurring disorders.

- *trauma specific*
- *12 step recovery program*
- *grief and loss therapy*
- *mindfulness*
- *adverse childhood experiences*
- *focus on the whole person*
- *Cognitive Behavioral Therapy (CBT)*
- *Dialectical Behavior Therapy (DBT)*
- *solution focused therapy*
- *brief therapy*
- *person centered therapy*
- *family sessions - Internal Family Systems Model*
- *integration of faith - optional*

**Our therapist is a LPC, LADAC II
licensed therapist with over 15 years
experience and a member of the
Association for Addiction Professionals
(NAADAC)**