



### **OUTPATIENT SERVICES**

We would like to get to know you a little more and assist you with finding you the right clinician. Give us a call or visit our site so we can schedule a free 15 min consultation.



Outpatient Services allows each client to be assessed by a licensed professional to determine the right form of care and length of services in an office setting. We offer a range of services to address different mental health concerns. Our services include individual therapy, family therapy, group therapy, and play therapy for children. We also have a variety of clinicians with different specializations.

### Benefits

Provide individual, family, or group therapy in our Emerson Office.

Access to treatment outside of their home setting that can help reduce mental health symptoms and improve daily functioning.

Sessions can vary from weekly to monthly, base on the recommendation of the licensed professional.

Sessions are approximately 60 mins each.

Services are covered by the client's insurance or out of pocket payments.

### Specialties

- Depression
- Anxiety
- Trauma & PTSD
- Mood Disorders
- Work/Life Stressors
- Oppositional Defiance (ODD)
- Obsessive Compulsive (OCD)
  - ADHD
- Self-esteems issues
- Behavioral Issues
- Autism Spectrum Disorders
  - Family Conflict
  - Anger Management
  - Adjustment Disorder
  - Suicidal Ideation
- Post Partum Depression

### Types of Therapy

- Cognitive Behavioral Therapy (CBT)
  - ABA
  - EMDR
- Dialectical Behavioral Therapy (DBT)
  - Play Therapy
  - Trauma Focused
  - Strength Based

(201) 546-5634

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