

COUNSELING THERAPY

Counseling Therapy Services



Adult

Anxiety

Depression

Obsession / Compulsions

Substance Use - Drug / Alcohol / Recovery

Assessment and Referral to Substance Abuse Treatment

Grief / Bereavement / Loss / Trauma

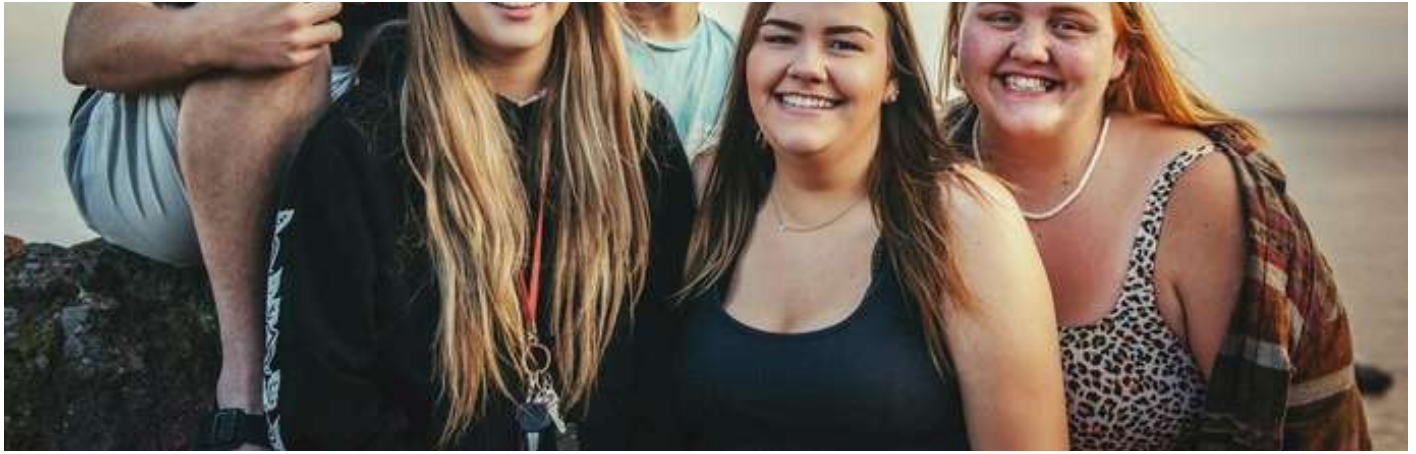
Fears / Phobias



Couple / Marriage

Couple and / or marriage counseling provides an arena where two people can learn to communicate individual needs and create a healthy relationship that grows and lasts.

It can also serve as a safe setting where couples can address issues that have lead to changes in their lives and pave the way to a smoother path to separation and / or divorce.



Child / Adolescent

Individual child/adolescent counseling

Family counseling

Attention Deficit Disorder (ADD)

Attention Deficit-Hyperactivity Disorder (ADHD)

Oppositional Defiant Disorder (ODD)

School Issues - School Refusal / Avoidant

Substance Use - Vaping / Smoking / Drug / Alcohol

Anxiety

Depression

Obsessions / Compulsions

Separation Anxiety

Aggressive and Explosive Behavior

Emotion Regulation – impulsive, anger, panic



Family Counseling

Family counseling provides family members with a safe and secure setting to reduce stress and conflict through the improvement of interactions between family members.

Family counseling looks at problems as patterns or systems that need to be adjusted, rather than focusing on one person's role in the problem.



TEL: 516 - 482 - 1625

