



Services

- Diagnostic Consultation
 - Confidential Intake Assessment
- Psychotherapy for Individuals, Couples & Families
- Consultation with Physicians, Psychiatrists, and other Healthcare Providers

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Services

Diagnostic Consultation

- Confidential Intake Assessment

Psychotherapy for Individuals, Couples & Families

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Psychological Assessment

- Mental Disorders
- ACE Quiz (Adverse Childhood Experience)
- Resilience Quiz (Protective Factors to ACE)
- Addictions
- Eating Disorders
- Chronic Pain
- Sleep Disorders

PTSD & ACEs (Adverse Childhood Experiences)

- Comprehensive Treatment for Mind-Body Recovery
- Family of Origin Trauma: Domestic Violence, Sexual Abuse, Emotional Trauma, Neglect & Abandonment
- Health Disparities: Financial Hardship, Exposure to Violence & Substance Abuse, Social Discrimination
- Individual Therapy, Guided Meditation & Holistic Wellness Programs
- Therapy for Divorce and Child Custody Proceedings
- Support for Adult Survivors of Trauma & Abuse

E-Therapy

- Teletherapy: Video & Phone Consults - Flexible Scheduling!
- Crisis Consultation & Guidance
- Brief Therapy by Video, Phone, Email
- Concierge Therapy - Affordable Membership 24/7/365 (U.S. & International)
- Therapy for Busy, Traveling Professionals
- 'Put Down The Cupcake!' Weight Loss Intervention

HOLISTIC LIFESTYLE PRODUCTS & SERVICES

Wellness Evaluation

- Whole Health Inventory
- Personal Well Being List

Healthy Weight Loss Program

- Wellness Evaluation