

# Individual Psychotherapy

We provide professional assistance to our clients in coping with emotional, vocational, social, educational, interpersonal and other issues related to recovery and functioning in society in order to have clients progress to greater levels of independence.

Individual psychotherapy provides a private, confidential, safe client-focused medium to explore and discover the special needs and concerns of the client. The clinical professionals maintain an integrated perspective because problems in one area of life easily undermine treatment in another area for most people; especially persons with a traumatic brain injury and/or substance use or mental health issues. Sessions address treatment plan goals and objectives or crisis circumstances, as they arise.

The psychotherapist uses a variety of appropriate therapeutic approaches and techniques, e.g., Motivational Interviewing, Cognitive-Behavioral, Psychodynamic, Behavior Modification, as well as role play, visual aids, modeling, videotapes, etc. for identification of client strengths and weaknesses. The special needs and distinctive issues of clients living with a traumatic brain injury are addressed and worked through so that the clients and their families can learn to adapt, accept, and move forward with life as it now is.

All psychotherapists are Master's level and above and hold proper credentials and licensing to provide ethical, compassionate one on one therapy.

Sessions are 50 minutes in length and documented in a progress note to include date, times, and signature of client and therapist.

