

## **Services Provided**

### **Therapy:**

Therapy offers a space to heal emotional wounds, learn more about yourself and others, and develop skills in bettering your life. Therapy is also a process and the experience each person has can vary. Counseling Works LCSW, PLLC co-creates this process with you so you can achieve your goals in healing and emotional wellness. In all forms of therapy, you are the Participant of the process. All Therapy services are conveniently conducted via Telehealth. Together, we explore and come up with solutions to better your whole You - emotionally, mentally, physically and spiritually!

### ***Telephone Consultations***

The Telephone Consultation is the first step in engaging in therapy at Counseling Works LCSW, PLLC. During a 15 minute telephone consultation, potential Participants meet with a clinician to learn about their needs, get to know about the work that Counseling Works LCSW, PLLC can provide. If we are a good fit for the potential Participant, then an appointment is made. If needed, resources are provided.

### ***Individual Therapy***

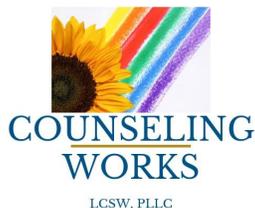
Individual Therapy provides the space to explore emotions and behaviors that are impacting your life. In therapy, Participants learn about their feelings, ways to manage them and ways to grow. Oftentimes, we also learn how to better relate to ourselves, as well as others. Some Growth areas developed in Individual Therapy include better communication skills, greater awareness of emotions and behaviors, consistent boundary setting, emotional healing from generational traumas, goal setting and holistic healing.

### ***Family Therapy***

Family Therapy is where Participants within a family are engaged in getting to a common goal of healing and bettering their relationship with one another. Many families learn ways to better relate to each other, communicate better and heal from family patterns. Principles on family structure, cultural norms and strength building within the family system are often explored and strengthened in Family Therapy.

### ***Group Therapy***

Group Therapy offers Participants a space to gather, learn how to strengthen themselves and offer support to one another. Through a common goal, groups are able to provide insight, learn additional skills and practice interpersonal skills. Groups have gained greater awareness in relating to others as well as additional healing modalities.



### **Prepare/Enrich Couples Assessment & Facilitation**

Prepare/Enrich is a widely researched assessment tool and facilitation process for couples. Through the Prepare/Enrich, committed couples learn about their strengths and the growth areas to work on. Prepare/Enrich helps couples preparing to marry or partner with one another. Prepare/Enrich also helps couples who have been committed to one another, enrich their union. The Facilitator at Counseling Works LCSW, PLLC is a Clinician and provides the couple with therapeutic strategies and skill building to strengthen the relationship.

### **Supervision & Training**

Clinical Supervision for Professional Social Workers and Mental Health Professionals- Counseling Works LCSW, PLLC aims to serve as a resource to growing Clinicians in the field of Social Work and other mental health professions. Clinical Supervision is provided to Masters Level Social Workers and mental health professionals. As a Clinician at Counseling Works LCSW, PLLC, clinicians learn how to co-create change through emotional healing and empowerment in others.

Through the Internship Program at Counseling Works LCSW, PLLC, second year Masters in Social Work students have the opportunity to learn and grow as an emerging psychotherapist. Rooted in the principles of Cultural Humility and Empowerment, Clinicians of BIPOC communities are able to learn and grow their skills from a cultural, holistic and strengths-based perspective.

### **Workshops and Trainings on Emotional Wellness and Healing**

Workshops and trainings are provided on topics related to Emotional Wellness and Healing. Trainings are developed to provide information, strengthen skills and reduce the stigma of mental health. Companies, organizations and community groups have participated in interactive workshops around Engaging Clients, Youth Empowerment, Meditation Practice, Child Development and more.