

INTOWN

COUNSELING & WELLNESS

Intown Counseling & Wellness is a private counseling practice dedicated to holistic and balanced living. We provide therapeutic services that are tailored to meet your unique needs with the belief that everyone can lead a more fulfilling and mindful life. Through personalized guidance and interventions we strive to help people achieve success in their everyday lives. Visit us at our beautiful offices located in the Morningside neighborhood or schedule a session at a time that's convenient for you using your phone, tablet, or computer. Our staff consists of a diverse team of highly trained and specialized clinicians, each possessing a wide range of expertise and experience. We are committed to providing a safe space for you. Whether teletherapy or at our physical office, you're free to be yourself and express your concerns in a supportive and nurturing environment. Whether you're looking for extra support and guidance through a challenging situation or you're just ready to move in a different direction, we look forward to working with you.

To make an appointment or to find out more information about Intown Counseling & Wellness, please call (404) 478-9890 or visit intowncounseling.com.

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office: (404) 478-9890
fax: (404) 963-0975

intowncounseling.com

M 9-7 | T 9-7 | W 9-7 | TH 9-7 | F 9-5

Some of our staff occasionally offer Saturday appointments.

To expedite an appointment request, please visit our website intowncounseling.com. While we have long hours available for therapy services, we generally process appointment inquiries Monday - Friday between 10 a.m.- 6 p.m. One of our staff members will do a brief telephone intake with you and match you with one of our therapists.

Our staff consists of a diverse team of highly trained and specialized clinicians, each possessing a wide range of expertise and experience. We strive to match you with the best and most appropriate clinician based on your presenting concerns, as well as any preferences you may have. Feel free to read our staff bios on our website if you would like a better understanding of the different areas of interest and expertise that our clinicians offer. If there is a particular therapist you would like to work with, please mention his or her name when you contact us.

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INTOWN
COUNSELING & WELLNESS

BE.
HERE.
NOW.





INDIVIDUAL THERAPY

There are many reasons people seek therapy. Sometimes it's to deal with long-standing issues or problems with mood disturbances. Other times it's in response to unexpected changes in one's life, such as divorce or problems at work. Therapy involves talking with a trained professional about issues ranging from depression and anxiety, to relationship conflicts, career frustration, stress management, balance, personal growth, career planning and development, motivation, and time management. Therapy also provides a means to express feelings, understand patterns of thinking, gain perspective, set goals, and clarify future plans.



When you replace
“Why is this happening to me?” with
“What do I need to learn from this?”
everything shifts



TELE THERAPY

Distance counseling is in great demand these days considering our hectic schedules. Instead of driving to the office, sit back in your favorite chair at home and enjoy the benefits of the 21st century. Also, it's a viable alternative when time, finances, and travel barriers would otherwise restrict getting help. Distance counseling is especially helpful for help with:

- *stress management*
- *family problems*
- *wellness concerns*
- *anxiety*
- *depression*
- *burnout*
- *goal setting*
- *grief*
- *executive functioning (attention, concentration)*

Distance counseling services are much like face-to-face counseling with licensed therapists or psychologists with years of experience, but with the assistance of modern technology. Sessions begin with an assessment of the problem including an exploration of your personal history.



COUPLE COUNSELING

Couple therapy assists couples in resolving conflicts and building a more enriched and satisfying relationship. Many couples come to counseling seeking more love and intimacy, better communication, to work on daily problems in hopes of a more satisfying relationship. Couple therapy helps create a neutral space to explore emotionally charged issues in the relationship with the help of a therapist. Common issues explored during therapy include:

- *threat of divorce*
- *communication problems*
- *infidelity*
- *issues with money*
- *drug and alcohol use*
- *work commitments*
- *emotional and physical intimacy*
- *power struggles*
- *parenting and family problems*

Couple therapy may be as brief as a handful of appointments or continue for months. If, during the therapy process, it becomes apparent that one or both partners may be struggling with individual issues that would be best supported in personal individual therapy, the therapist may make a referral for adjunctive therapy.



CHILD & ADOLESCENT THERAPY

Child therapy is usually based on the idea that children best express their feelings, thoughts and experiences through play, while therapy with adolescents may integrate both play therapy and talk therapy. Teenagers, on the other hand, often feel caught between childhood and adulthood and are struggling to find their own identity while undergoing rapid physical, emotional, and intellectual growth and change. We ask parents to meet with the clinician along with their child for the initial session, during which the clinician gathers information about the child and family to acquire a better understanding of the presenting problems, establish treatment goals, and orient the family to therapy. Commitment to therapy is essential to successful treatment. Research studies tell us that patients who regularly keep their appointments and complete therapy homework outside of sessions make the most progress in achieving their treatment goals.



DIALECTICAL BEHAVIOR THERAPY (DBT) SKILLS GROUP

The dialectic at the heart of DBT is balancing acceptance and change. DBT skills are thought to have the capability of helping those who wish to improve their ability to regulate emotions, tolerate distress and negative emotion, be mindful and present in the given moment, and communicate and interact effectively with others.

- *Mindfulness focuses on improving an individual's ability to accept and be present in the current moment.*
- *Distress Tolerance is geared toward increasing a person's tolerance of negative emotion, rather than trying to escape from it.*
- *Emotional Regulation covers strategies to manage and change intense emotions that are causing problems in a person's life.*
- *Interpersonal Effectiveness consists of techniques that allow a person to communicate with others in a way that is assertive, maintains self-respect, and strengthens relationships.*



PSYCHOLOGICAL & PSYCHO-EDUCATIONAL TESTING

Many factors are taken into consideration when determining what types of psychological testing are required. Testing usually begins with a diagnostic interview, when our Licensed Psychologist will get a detailed personal history with an emphasis on whatever issues prompted testing. Depending on the presenting problem(s), you will likely be asked to fill out several questionnaires. When necessary, prior records (report cards, IEP records, previous psychological evaluation, and medical records) may be reviewed. The type of evaluation will determine the time required for the evaluation, although you can expect most evaluations to take between 2-4 hours to complete. Once results are interpreted, you will return to the office to discuss the findings, and a written report will be provided with a diagnosis and recommendations, if applicable.