



Tree of Hope Counseling PLLC

Tree of Hope Counseling is committed to meeting our community's need for accessible, flexible, specialized, and personalized treatment and services focused in recovery and wellness.

Tree of Hope Counseling offers a variety of specialized clinical and educational services.

For children, adolescents, adults, couples, families, groups

Areas We Treat/Support:

Anxiety | Depression
 Post Traumatic Stress
 Domestic Violence
 Grief/Loss
 Chronic/Critical Illness
 Substance Use/Abuse
 Stress Reduction
 Divorce | Anger
 Parenting Issues
 Men's and Women's Issues
 Mood Disorders
 Developmental Disorders
 Teen Pregnancy/Parents
 At-Risk Youth
 LGBT Issues
 Elder Issues
 Caregiver Issues
 Panic | Phobias
 Autism | ADHD
 Life Transition/Adjustment
 Relationship Issues

Approaches We Use:

Art Therapy
 Play Therapy
 Cognitive Behavioral Therapy
 Trauma Focused Therapy
 Dialectical Behavioral Therapy
 Narrative Therapy
 Multi-Systemic Therapy
 Functional Family Therapy
 Motivational Enhancement Therapy
 Compassionate Mindfulness
 Solution Focused Therapy
 Mindfulness-Based Stress Reduction
 Meditation Techniques
 Yoga Techniques
 Holistic Healing Techniques
 Progressive Counting
Specialized Mental Health Services:
 Psychiatry
 DWI Assessment
 Pre-Marital Counseling
 Mediation

Workshops available for professional development, team building, corporate groups, specialized consultation:

Professional Self-Care
 Mindfulness-Based Stress Reduction
 Professional Ethics
 Institutional Trauma
 Substance Abuse and Co-Occurring Disorders
 Domestic Violence
 Developmental/Learning Disabilities

Potential Populations:

Social Workers
 Mental Health Professionals
 Medical Professionals
 Developmental Services Professionals
 Educators
 Corporate Teams
 Corporate Management
 Employee Assistance Programs
 Clergy
 Community Agencies

Clinical supervision and clinical/business consultation also available.

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