



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 on recovery and wellness.

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

Tree of Hope Counseling is recognized by NYS as an approved provider of continuing education for licensed social workers #0322)

<p>Areas We Treat/Support:</p> <ul style="list-style-type: none"> Anxiety/Depression Post Traumatic Stress Domestic Violence Grief/Loss Chronic/Critical Illness Substance Use/Abuse Stress Reduction Disordered Eating Divorce Adoption Perinatal Issues Postpartum Adjustment Early Parent/Child Adjustment Parenting Issues Men's & Women's Issues Life Coaching Psychosis/Dissociation Veteran Trauma At-Risk Youth LGBTQ+ Issues Elder Issues Caregiver Issues Autism Spectrum Disorder Attention Deficit Disorder Life Transition/Adjustment Relationship Issues 	<p>Therapy Approaches We Use:</p> <ul style="list-style-type: none"> Individual/Group/Family Therapy Cognitive Behavioral Therapy Trauma Focused Therapy Play Therapy Art Therapy Animal Assisted Therapy Narrative Therapy Multi-Systemic Therapy Functional Therapy Schema-Focused Therapy Dialectical Behavioral Therapy Motivational Enhancement Therapy Compassionate Mindfulness Solution Focused Therapy Mindfulness-Based Stress Reduction Meditation/Yoga Techniques Holistic Healing Techniques Progressive Counting DWI Assessment Eye Movement Desensitization Reprocessing (EMDR) Mediation Emotional Freedom Therapy Medication Evaluation and Management 	<p>Education/Training:</p> <p>Workshop topics available for professional development, team building, & specialized consultation:</p> <ul style="list-style-type: none"> Professional Self-Care Compassion Fatigue Care for the Caregiver Mindfulness-Based Stress Reduction Mindfulness for Educators Professional Ethics Institutional Trauma Substance Abuse/ Co-Occurring Disorders Domestic Violence Adoption Various Therapeutic Approaches <p>Potential Populations:</p> <ul style="list-style-type: none"> Social Workers Mental Health Professionals Developmental Svcs. Professionals Educators First Responders Corporate Teams/Mgmt. Employee Assistance Programs Clergy Community Agencies
<p>Populations We Serve:</p> <ul style="list-style-type: none"> <li style="width: 33%;">- Early Childhood (under 5) <li style="width: 33%;">- Adolescents <li style="width: 33%;">- Adults <li style="width: 33%;">- Families <li style="width: 33%;">- School Age Children <li style="width: 33%;">- Young Adults <li style="width: 33%;">- Couples <li style="width: 33%;">- Elders 		

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