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 #SW0322)

**Areas We Treat/Support:**
- Anxiety/Depression
- Post Traumatic Stress
- Domestic Violence
- Grief/Loss
- Chronic/Critical Illness
- Substance Use/Abuse
- Stress Reduction
- Mind/Body Wellness
- Divorce
- Adoption
- Perinatal Issues
- Postpartum Adjustment
- Early Parent/Child Adjustment
- Parenting Issues
- Men’s & Women’s Issues
- Life Coaching
- Psychosis/Dissociation
- Self Harming Behavior
- At-Risk Youth
- LGBTQ+ Issues
- Elder Issues
- Caregiver Issues
- Attention Deficit Disorder
- Life Transition/Adjustment
- Relationship Issues

**Therapy Approaches We Use:**
- Individual/Group/Family Therapy
- Cognitive Behavioral Therapy
- Trauma Focused Therapy
- Play Therapy
- Art Therapy
- Animal Assisted Therapy
- Narrative Therapy
- Multi-Systemic Therapy
- Psychodynamic 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
- Eye Movement Desensitization Reprocessing (EMDR)
- Mediation
- Emotional Freedom Therapy
- Medication Evaluation and Management

**Education/Training:**
Workshop topics available for professional development, team building, & specialized consultation:
- Professional Self-Care
- Compassion Fatigue
- Care for the Caregiver
- Mindfulness-Based Stress Reduction
- Mindfulness for Educators
- Professional Ethics
- Grief/Loss
- Domestic Violence
- Adoption
- Trauma Informed Care
- Suicide Prevention
- Mental Health First Aid

**Potential Populations:**
- Social Workers
- Mental Health Professionals
- Educators
- First Responders
- Corporate Teams/Mgmt.
- Employee Assistance Programs
- Clergy
- Community Agencies

**Populations We Serve:**
- Early Childhood (under 5)
- Adolescents
- Adults
- Families
- School Age Children
- Young Adults
- Couples
- Elders

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