“Everyone needs help sometimes”

Psychotherapy is a research proven treatment that helps quickly in most cases

When do people seek psychotherapy treatment?

Individuals typically seek out a professional psychotherapist when they have problems that are not resolving on their own. Their normal methods of handling things have not worked and their problems and mental health symptoms are getting worse.

People come to us looking for someone who is empathetic and objective, who can help sort through things by listening, offering support and education, and providing ideas on new approaches to try. At Valeo, our therapists understand that people want results they can see and experience in their daily lives when they come to us. We are invested in helping people achieve that goal.

People come to us with symptoms like:

- Anxiety and depression
- Problems with sleeping or eating
- Difficulty focusing or having troubling thoughts
- Increased substance use
- Not getting necessary tasks done due to symptoms
- Problems in relationships that are getting out of hand
- Impaired ability to function at home, school, or work

Some of our Specialties:

- Anxiety and Depressive Disorders
- Trauma Therapies
- Mental Health and Addictions
- LGBTQ Issues and Hormone Replacement Assessments

My brain and my heart are really important to me. I don’t know why I wouldn’t seek help to have those things as healthy as my teeth.

--Kerry Washington

If you go to a dentist for your teeth, why not a professional for your mental & emotional well-being?

Cognitive Behavioral Therapy (CBT)
Dialectical Behavior Therapy (DBT)
Serious Mental Illnesses (SMI or SPMI)
Mental Health and Developmental Disabilities
**Therapy Groups**

When therapists mention therapy groups, people often say--
“**There is no way I am going to do that!**”

**People are reluctant to share their private issues with strangers.**

That is understandable....

However-

when you learn that **Group Therapy is one of the most effective and useful types of therapy available**, you may want to reconsider—
and give group a chance to work for you

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**Special Benefits of Group Therapy**

- **Discovering:** you are NOT ALONE
- **Learning:** new ideas and strategies
- **Sharing:** your wisdom and strength
- **Experiencing:** support, increased self-esteem

“One of the best things about group is not doing everything by yourself”

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**Our Therapy Groups**

- **Recovery Strategies Group:** How to cope with today’s stressors
- **Managing Anxiety Group:** How to get your anxiety in check
- **Dialectical Behavior Therapy:** How to develop essential life skills

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Valeo BHC is accredited by the Commission on Accreditation of Rehabilitation Facilities.

CARF accreditation signals a service provider’s commitment to continually improving services, encouraging feedback, and serving the community