**Allied Behavioral Health**

At Allied Behavioral Health Solutions, individuals and families meet with a Licensed Mental Health Clinician (LCSW, LPC, LMFT) to discuss whatever concerns an individual may have. Allied Behavioral Health Solutions provides counseling for individuals of all ages, from families with infants/very young children, pediatrics, through geriatrics. These sessions are completely confidential and are often covered by insurance.

Allied Behavioral Health Solutions provides individual counseling services for a variety of needs including:

***Infant Mental Health and Play Therapy*** are modes of counseling that work with children between the ages of birth through 6 years of age. Many young children experience separation, grief, loss, or difficulty with adjustments. There are often major life changes in early childhood such as divorce, a family move, placement in state custody, adoption, witnessing a traumatic event, etc. Counseling for these children helps them understand the things that they have experienced and to find safety and trust with their adult caregivers.

***TF-CBT and EMDR*** are evidence based practices that help individuals find recovery from abuse/trauma. ABHS has both EMDR and TF-CBT certified staff that can use these modalities with a variety of different trauma experiences.

***Anxiety and Depression*** impact individuals of a variety of ages and phases of life. Learning to manage or eliminate anxiety and depression often require counseling to provide an individual with an outside perspective on the situations, the individual's experience and reactions, and alternative ways of managing stress and emotions. Counseling has been found through research to be as effective as medication alone in treatment Anxiety and Depression. For our clients who are in need of medication management to assist with their  symptoms, we work closely with a variety of medication providers to ensure a cohesive treatment team approach.

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