

Bridge to Wellness Centers LLC



Welcome to Bridge to Wellness where our mission is to assist individuals, couples and families in their journey to holistic wellness. Our focus is on the individual's psycho-social, physical and spiritual well-being in order to become whole and lead a more fulfilling life. Taking the first step to come to therapy can be a challenging task. It is hard to admit that we are facing issues that require professional help. Disclosing and trusting an outsider with your personal struggles can be an uncomfortable experience.

As you begin your therapeutic journey at Bridge to Wellness, it is important to actively participate in treatment and set **Specific, Measurable, Agreed upon and Realistic goals** with your therapist. Therapy is a collaborative process. We encourage you to ask questions and address any concerns you might have with your therapist. It is difficult to change distorted thinking and maladaptive behaviors. The length of therapy varies greatly from one client to another. No two individuals are alike, depending on the presenting issues and supportive resources.

Research has shown that psychotherapy with other adjunctive modalities, as needed, have long lasting benefits. Therapy often leads to a significant reduction in distress, increased satisfaction in interpersonal relationships, greater personal awareness and insight, increased skills for managing stress, and chronic.

We offer individual counseling, marital/couples counseling, family therapy, group therapy. We work collaboratively with primary care providers, pediatricians, and other specialty medical providers to ensure coordination of care. In addition, we provide psychological assessments (including standardized psychological testing) and Neurofeedback. Neurofeedback or "brain training" as an adjunctive treatment supports

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your brain performance. Psychotherapy modalities offered at Bridge to Wellness are empirically validated. This means that research supports different types of treatment for specific disorders. Therapeutic treatment for children, ages 10 and up, focuses on parenting and family therapy.

We treat a broad array of disorders, such as PTSD, Anxiety and Panic Disorders, Social Anxiety, Phobias, Depression, ADD/ADHD, Bipolar Disorder; addictive, compulsive and self-destructive behaviors; low self-esteem, chronic pain and psychosomatic disorders, etc.

We look forward to working with you as you begin your therapeutic journey of self-discovery, healing and wellness. We at Bridge to Wellness are committed to making this experience a rewarding journey and helping you achieve your personal goals.