



**Helping People
Through Counseling**



LeafWing Center Counseling Services

Dealing with depression, grief, family hardships, even just general stress, you can start to feel overwhelmed. Perhaps you don't know where to turn. Maybe you feel isolated and alone.

Counseling is the first step toward getting the help you need to cope with those obstacles and emotional hurdles you may be facing, so that ultimately your life can become easier.

What is Counseling...

It's not necessarily the same for everyone. For one person, counseling might be a way to better understand their behavior and thinking, for another it may be a means of working through loss and pain. Whatever your needs, our counselors are here. Counseling can help you:

- Get stronger
- Deal with relationship issues
- Cope with grief
- Feel less stressed
- Find comfort and happiness



Types of Counseling Services We Provide:

From couples, to families, to individual and group counseling, LeafWing Center offers a variety of treatment options to fit your needs and your schedule - with sessions varying from 30 to 90 minutes.

- **Individual Psychotherapy:** Typically one-on-one sessions, individual counseling focuses on helping the patient find balance, happiness and comfort. Whether addressing issues related to relationships, self-esteem, conflict management, or depression and anxiety, we want you to gain a clearer perspective, so that you're not struggling anymore.
- **Crisis Counseling:** Focused on personal setbacks such as the loss of a loved one, divorce, or disruptive changes in a person's life, crisis counseling sessions are generally one-on one and range from 30-60 minutes. Helping you heal, we are here for you.
- **Marriage & Relationship Counseling:** During 45-60 minute sessions with both partners, we assist you when it comes to issues of infidelity, commitment, infertility, sexual dysfunction and addiction, to name a few. Your relationship is important, and we want to help you make it stronger than ever.
- **Family Counseling:** Generally—though not always—all family members are present during these 45-90 minute sessions. Our goal is to enable you to work through those issues that stem from the family unit.
- **Addiction Counseling:** Whether an individual or with a group, these sessions are designed to help patients recognize and cope with those tendencies and emotions that contribute to addictive behaviors. You can overcome your compulsions and get back to being you.
- **Group Counseling:** Groups are of generally no more than 8 with 2 counselors present. These sessions are designed to help patients identify conflict, more clearly understand what it is that creates stress in their lives, and show them how to meet challenges productively and positively.
- **Vocational Counseling:** One-on-one 30-45 minute sessions, vocational counseling is meant to give clients better insight into their own abilities and potential. We are here help you create the type of job and career path you truly want.

Our Staff

Licensed marriage and family therapists, professional clinical counselors and certified behavior analysts, we are highly trained in working with patients from all walks of life when it comes to coping with the difficulties they may face. In addition, some of our therapists specialize in PTSD, Autism and related diagnoses, Addictions, and Adults and Adolescents who have been or currently are in Correctional Facilities.

Counseling sessions can be provided in English, Spanish, and Vietnamese.

Appointments

Appointments may be made by calling LeafWing Center at 714.634.8500, or emailing info@leafwingcounseling.org

Depending on the urgency and nature of the appointment, sessions are scheduled as soon as possible after the initial request is received. Most often, appointments are offered within a week of the request.

We accept most insurance plans. We make every effort to establish co-pays and procure any authorization prior to your session.

Cancellations:

We strongly encourage you to call 24 hours in advance if you know you will need to cancel an appointment, as this will then allow our therapists to work with others who may need help.

Confidentiality

Every single session is strictly confidential.

We understand that our patients need to feel free to speak and express themselves without fear that what they said will be divulged in anyway shape or form.

We will not release any information without written permission from the patient, except in the case of imminent danger to self or others, child/dependent abuse, court order, or if otherwise required to by law.

LeafWing Center Counseling is dedicated to helping patients overcome challenges and live happier, healthier lives. Our team is here for you, every step of the way.

LeafWing Counseling Center

855.742.8847 toll free

800.832.2321 fax

Info@leafwingcounseling.org

www.leafwingcounseling.org

