

# SERVICES



## MINDFULNESS-BASED INTERVENTIONS

*Mindfulness-Based Stress Reduction (MBSR) led by two of three certified teachers in Georgia*  
*Mindful Self Compassion | Yoga | Acceptance and Commitment Therapy (ACT)*  
*Dialectical Behavioral Therapy (DBT) | Meditation | Sound Therapy*

## EXPERIENTIAL THERAPIES

*Psychodrama | Role-Play | Music and Art Therapies | Energy Psychology*

## SPECIALIZED, EVIDENCE-BASED EATING DISORDER & ADDICTION TREATMENT & INTERVENTION

*Nutrition Therapy | Team Approach with Full Multidisciplinary Team | Family-based Treatment | Mindful Eating*  
*Body Image Groups | Relapse Prevention*

## ALTERNATIVE CURATIVE HEALING METHODS

*Hypnotherapy | Breathwork | Reiki*

## CUTTING EDGE NEUROPSYCHOLOGY AND PSYCHOPHYSIOLOGY APPROACHES

*Heart Coherence Biofeedback Treatment | MBSR | Meditation*

## SPECIALIZED APPROACHES TO COUPLES AND RELATIONSHIP WORK

*Emotionally Focused Therapy (EFT) | The Gottman Relationship Check Up and Bringing Home Baby | Prepare and Enrich*  
*Enneagram Work | SYMBIS Pre-Marital Couples Assessment and Counseling | Imago | Discernment Counseling*

## SPECIALIZED TRAUMA WORK

*Brainspotting | Somatic Experiencing Therapy (SE) | EMDR (Eye Movement Desensitization and Reprocessing)*  
*RRT (Rapid Resolution Therapy) | Trauma Informed Hypnotherapy (TIH) | Internal Family Systems*  
*Holographic Memory Resolution® | Comprehensive Energy Psychology*

## SHAME RESILIENCE METHODS

*Brené Brown's Daring Way Method*

## TRADITIONAL THERAPIES FOR ADDICTION, MOOD, ANXIETY & EATING DISORDERS

*Cognitive Behavioral Therapy (CBT) | Relapse Prevention Methods (including GORSKI-CENAPS)*  
*Psychodynamic Psychotherapy | Relational Work | DBT | ACT*

## CHILD CENTERED WORK

*Play Therapy | Psychoeducation | Social Skills Training | Positive Discipline Parenting Model | Filial Therapy | Scream Free Parenting*

## INTEGRATIVE, HOLISTIC APPROACH TO MEDICAL EVALUATION, MEDICATION MANAGEMENT, AND NUTRITION

*Medical Nutrition Therapy | Holistic Psychiatry*

## SPECIALIZED AGE SPECIFIC GROUPS AND MODALITIES FOR CHILDREN, TWEENS, ADOLESCENTS, YOUNG ADULTS AND OLDER ADULTS

## ENNEAGRAM

*Workshops taught throughout the year led by one of only 35 internationally certified*  
*Riso-Hudson Enneagram teachers/authorized workshop leaders in the world.*