

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 Behavior 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 | Recovery Coaching

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 | Recovery Coaching

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.