

Client Profile:

- Gender: All gender identities
- Ages: All ages
- Average length of treatment: 3-12 months
- Not actively suicidal/homicidal at time of referral
- Not in need of medical detoxification

The Treatment:

Services typically last 3-12 months and may include:

- Evidence-based assessment
- Case management
- Individual, group and family counseling
- Life skills training
- Family support services
- Peer support groups
- Parenting support/training
- Trauma services and support
- Psychiatric services

In order to provide the most state-of-the-art care, Maryhurst therapists are highly trained in a wide variety of treatment interventions including:

- Cognitive Behavioral Therapy (CBT)
- Trauma-focused CBT
- [Seven Challenges](#)
- Dialectical Behavioral Therapy/
Mindfulness Practices
- Motivational Interviewing
- Family Systems Therapy
- Solution-Focused Brief Therapy
- Eye Movement Desensitization and Reprocessing (EMDR)