

+ SUSAN DAVIS, LICSW
FOUNDER

"Life is full of twists and turns. Choices and opportunities. When I founded Choices Psychotherapy, my goal was to be there to help people navigate the twists and turns. Make their own choices. Seize their opportunities.

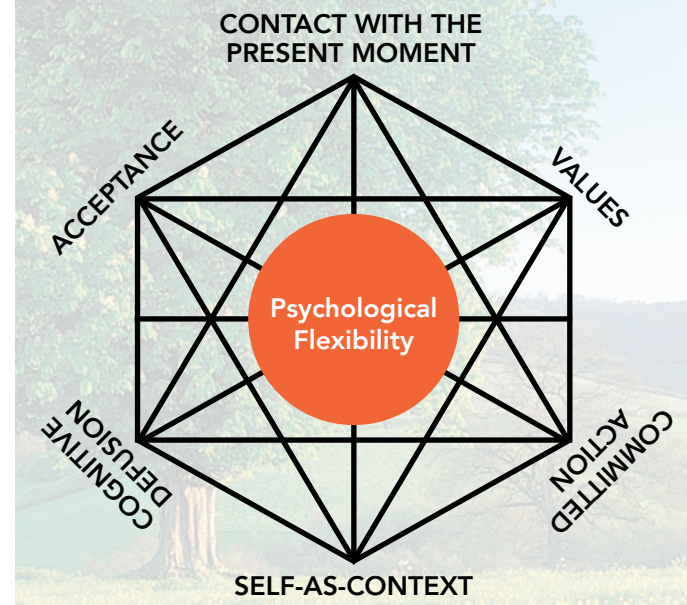
18 years later, our founding goal is still going strong. Empowering positive life change through choice is who we are and what we do."

LOCATIONS:

We offer two convenient locations. Office in St. Louis Park, Northwest of the Hwy 394 and Hwy 100 intersection. And a second office in Chanhassen, south side of Highway 5 between Audubon Road and Coulter Boulevard.

715 Florida Avenue South, Ste. 307
St. Louis Park, MN 55426

7975 Stone Creek Drive, Ste. 130
Chanhassen, MN 55317



Acceptance & Commitment Therapy

Be present, open up and do what matters

To make an appointment or get information about services, please call our office at 952-544-6806.

We will be more than happy to take the time to assess your needs and discuss your options within our clinic.


You may also inquire about services on our website at www.choicespsychotherapy.net

952-544-6806
Fax: 952-545-0098
choicespsychotherapy.net



Our logo, the Japanese symbol for choice, represents our respect and appreciation of all individuals and cultures.



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1. BE THERE NOW
 2. KNOW WHAT MATTERS
 3. DO WHAT IT TAKES
 4. PURE AWARENESS
 5. WATCH YOUR THINKING
 6. OPEN UP

Be present, open up and do what matters.

Learn to effectively address thoughts, feelings, and behaviors while minimizing reactivity.

This program integrates the evidence-based practices of Acceptance & Commitment Therapy (ACT) and Relational Frame Theory (RFT).

Acceptance and Commitment Therapy is a behavioral therapy that has proven to work with a wide range of clients who present with emotional and behavioral difficulties. While the goal of the program is not symptom reduction, this is a benefit.

Relational Frame Theory is a behavioral theory insofar as it draws together established behavioral principles to explain many aspects of human language.

Integrating both therapeutic and theoretical approaches allows one to learn to effectively address thoughts, feelings, and behaviors while minimizing reactivity.

+ GENERAL INFORMATION

8 weeks in duration
4 days per week
Group sessions are 3 hours
Co-ed
Maximum 10 group members

The Intensive Outpatient Program offers weekly enrollment of new members.

Intensive Outpatient Program is offered at our St. Louis Park Location.

+ PROGRAM CRITERIA

The Intensive Outpatient Program (IOP) is a short-term program designed specifically for adults who are experiencing emotional difficulties, but who do not require (or no longer require) the intensity of inpatient psychiatric care or partial hospitalization.

+ DIAGNOSTIC & PROGRAM ASSESSMENT

Clients will participate in a diagnostic and program assessment prior to beginning the program.

+ ADDITIONAL SUPPORT

Clients in the Intensive Outpatient Program are supported with weekly individual psychotherapy and psychiatry appointments.

+ INSURANCE

The program is covered by most insurance.

The administrative team will verify benefits and complete any precertification process before clients begin the program.