+ GOALS/RESULTS

- *Greater resilience to pain and suffering*
- *A shift in the tendency to push away/avoid pain and begin to view discomfort as an instrument for movement*
- *Increased awareness of internal experiences, including thoughts, feelings, urges and body sensations*
- *Identification and clarification of values*
- *The ability to live within chosen values, helping to create a fulfilling and meaningful life*
- *A shift from fear and greater movement towards action orientated experiences*
- *Participants will learn all ACT concepts and integrate this learning into daily living practices*

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

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

Choices Psychotherapy

LOCATIONS:

We have three convenient locations
Telehealth visits are available

10201 Wayzata Blvd., Ste. 100
(Minnetonka Plaza)
Minnetonka, MN 55305

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

7901 Xerxes Ave. South, Ste. 225
(Xerxes Plaza)
Bloomington, MN 55431

952.544.6806

952-545-0098

choicespsychotherapy.net

Choices Psychotherapy

+ Outpatient Program

Acceptance & Commitment Therapy for Anxiety and Depression with Adapted DBT

Be present, open up and do what matters

Choices Psychotherapy

Be present, open up and do what matters.

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

The program integrates the evidence-based practices of Acceptance and Commitment Therapy (ACT) and Dialectical Behavior Therapy (DBT).

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.

Dialectical Behavior Therapy is a behavioral therapy focusing on skills that assist in reduction of emotional dysregulation and an increase in effective behaviors.

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

+ GENERAL INFORMATION

12 weeks in duration
1 group session/week
2 hour group session
10 group members maximum
Co-ed

The outpatient program offers weekly enrollment of new members.

The weekly outpatient program will be offered online through Zoom.

+ PROGRAM CRITERIA

The weekly outpatient program is a short-term program designed specifically for adults who are experiencing emotional difficulties impacting their well-being and/or psychosocial functioning.

+ DIAGNOSTIC & PROGRAM ASSESSMENT

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

+ ADDITIONAL SUPPORT

Clients in the weekly outpatient program are supported with weekly individual psychotherapy and psychiatry as needed.

+ INSURANCE

The program is covered by most insurance.

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