

### + OUR GOALS

From our perspective, the best way to achieve a goal is to clearly define it. To that end, we honor our vision with a commitment to:

- + Strengthening individuals and families by promoting a sense of empowerment and hope
- + Generating tools to cultivate mindful self awareness and acceptance
- + Increasing individuals overall coping abilities

### + PAYMENT OPTIONS

Choices Psychotherapy accepts payment from all of the major HMO's, many PPO's, Medicaid, & Medicare.

Our office staff will assist you in verifying benefits and pre-authorization requirements.

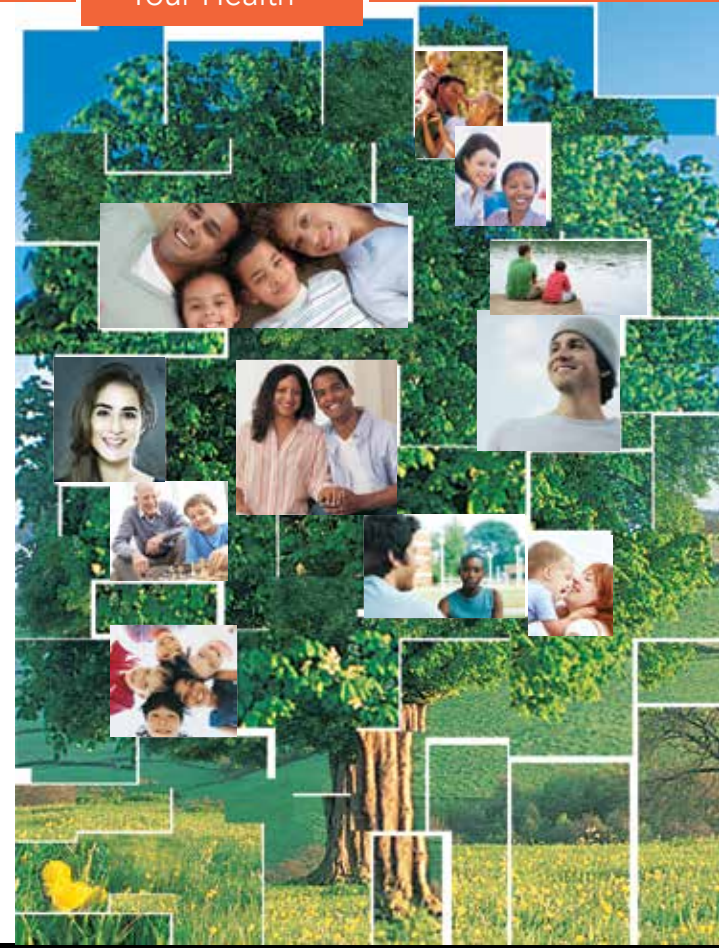
Self pay options are also available.

### 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 of Highway 5 between Audubon Road and Galpin Boulevard.

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

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



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](http://www.choicespsychotherapy.net)

📞 952.544.6806

📠 952-545-0098

🏠 [choicespsychotherapy.net](http://choicespsychotherapy.net)

📘 [fb.com/ChoicesPsychotherapy](https://fb.com/ChoicesPsychotherapy)

# Your Choice Your Path to Change

*Empowering positive life change through choice is who we are and what we do*



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



**Choices**  
Psychotherapy



**Choices**  
Psychotherapy



## There is no one right answer for all

*Rediscover your health and well being. Make positive changes that will last*

Choice is the foundation for change. Choice provides empowerment and education in an everchanging world. Choice speaks to the reality that there is not one right answer for all.

Having choices celebrates diversity, opens doors, generates options, and instills hope. We are committed to empowering clients and their families to identify options while assisting in creating a personal road map toward health and recovery.

Our clinical team is diverse and in keeping with our vision this allows for choice. We merge personal background and experience, education, creativity, and passion into a professional vision: commitment to diversity in both theory and practice. We make every effort to assign clinicians with respect to a client's and/or family's therapeutic and cultural needs.

### + OUR PROFESSIONAL TEAM

Clinical Social Workers (LICSW)  
Marriage and Family Therapists (LMFT)  
Psychologists (LP)  
Licensed Professional Clinical Counselors (LPCC)  
Clinical Trainees  
Child /Adolescent /Adult Psychiatrist

### + POPULATIONS SERVED

Adults  
Adolescents  
Children  
Seniors  
Families  
Couples

### + COUNSELING SPECIALTIES

Anxiety Disorder | Attachment Issues  
Attention Deficit/Hyperactivity Disorder  
Autism Spectrum Disorder  
Binge Eating Disorder | Bipolar Disorder  
Blended/Stepfamily Issues  
Borderline Personality Disorder  
Chemical Health | Chronic Illness/Pain  
Compulsive Disorders | Depression  
Divorce Recovery | Domestic Violence  
Gender Transition | Grief Management  
High Risk Behaviors | Identity & Body Image  
Life Transitions | Men's Issues  
Post Traumatic Stress Disorder (PTSD)  
Post-Partum Depression | Relationship Issues  
Seasonal Affective Disorder | Senior Issues  
Serious & Persistent Mental Illness (SPMI)  
Sexual Abuse | Sexual Dysfunction  
Sexual Orientation Issues (Gay/Lesbian)  
Sexually Diverse Clients (Kink/BDSM/Polyamory)  
Sleep Issues | Stress Management  
Traumatic Loss | Women's Issues

### + SERVICES AVAILABLE

#### GROUP PROGRAMS:

Acceptance & Commitment Therapy –  
Intensive Outpatient Program  
Dialectical Behavior Therapy (DBT)  
DBT for Binge Eating Disorder

#### INDIVIDUAL SERVICES:

Art Therapy | Behavioral Modification  
Biofeedback | CBT for Insomnia  
Child Therapy | Cognitive Behavioral Therapy  
(CBT) | EMDR Family Therapy  
Interpersonal Therapy  
Mindfulness-Based Psychotherapy  
Motivational Interviewing | Nutrition Counseling  
Psychiatry | Psychodynamic Psychotherapy  
Relationship Therapy | Sex Therapy  
Solution-Focused Therapy  
Supportive Psychotherapy | Trauma Focused CBT