

## + 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 have three convenient locations  
**Telehealth visits are available**

- 📍 10201 Wayzata Boulevard, Ste. 100  
(Minnetonka Plaza)  
**Minnetonka, MN 55305**
- 📍 7975 Stone Creek Drive, Ste. 130  
**Chanhassen, MN 55317**
- 📍 7901 Xerxes Avenue South, Ste. 225  
(Xerxes Plaza)  
**Bloomington, MN 55431**



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)

## Empowering positive life change through choice

*Individual, family, relational therapy, and psychiatry  
for children, adolescents, adults*



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





# There is no one right answer for all

*Rediscover your health and well being and 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)  
Registered Dietitian  
Child /Adolescent /Adult Psychiatrists

## + POPULATIONS SERVED

Adults  
Adolescents  
Children  
Seniors  
Families  
Couples

## + COUNSELING SPECIALTIES

Anxiety Disorder | Attachment Issues  
Attention Deficit/Hyperactivity Disorder  
Autism Spectrum Disorder | Bipolar Disorder  
Blended/Stepfamily Issues  
Borderline Personality Disorder | Chronic Illness/Pain  
Depression | Divorce Recovery | Domestic Violence  
Emotional Eating / Binge Eating Disorder  
Gender Transition | Grief Management  
High Risk Behaviors | Identity & Body Image  
Life Transitions | Men's Issues  
Obsessive Compulsive Disorders  
Parent Child Interaction  
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  
Substance Abuse | Traumatic Loss | Women's Issues

## + SERVICES AVAILABLE

### GROUP PROGRAMS:

Dialectical Behavior Therapy (DBT)  
DBT for Emotional Eating / Binge Eating Disorder  
"Why Can't I Stop Eating"  
Mindfulness-Based Cognitive Therapy for Depression and Anxiety  
Acceptance & Commitment Therapy for Anxiety and Depression with Adapted DBT

### INDIVIDUAL SERVICES:

Accelerated Resolution Therapy  
Acceptance & Commitment Therapy | Art Therapy  
Behavior Modification | Biofeedback  
CBT for Insomnia | Child Therapy  
Cognitive Behavioral Therapy (CBT)  
Couples Counseling | EMDR  
Experiential Play Therapy | Family Therapy  
Interpersonal Therapy  
Mindfulness-Based Psychotherapy  
Motivational Interviewing | Nutrition Counseling  
Psychiatry | Psychodynamic Psychotherapy  
Sex Therapy | Solution-Focused Therapy  
Supportive Psychotherapy | Trauma Focused CBT