

## Agency Mission

Our aim is to provide alternative and creative services in a supportive manner that provides long term measurable outcomes.

Our clinical team is an experienced provider of Family Preservation, Reunification, Foster Care Preservation, Safety Planning Services, Individual, Family, and Group Work.

Services are provided by a bilingual Spanish/English multi-disciplinary, multi-cultural team.

**Todos los servicios son administrados por terapeutas bilingües (Español/Ingles). Contamos con un equipo de terapeutas multi-disciplinarios y multi-culturales.**

**Available for workshops and presentations**

Alternative Therapy, LLC  
P.O. Box 9328  
New Haven, CT 06533

**Alternative Therapy LLC**  
*A Professional Counseling Service*

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**TherapyAndProfessionalCounseling.com**

## Services

We treat the full spectrum of mental health and substance abuse disorders.

Treatment is client centered and culturally insightful. It is based on understanding the client's history and personal characteristics. We believe in utilizing creative approaches to treatment and working diligently to engage with clients who may feel uncomfortable with mental health and social services providers.

Our professional counselors are supported by a trained administrative staff prepared to support our clients, their case managers, and associated professionals through the entire clinical assessment and counseling process.

All therapeutic work is enhanced by our agency's weekly clinical supervision peer review process that assures the most relevant treatment method for each client.

### We Serve:

- Children
- Families
- Individuals
- Groups
- Couples

## Types of Treatment

Cognitive Behavioral Therapy is our primary treatment method. However, we are brief therapy experts that also incorporate insight oriented and dynamic therapy approaches when appropriate.

### Coping Strategies Include:

- Cognitive Behavioral Therapy (CBT)
- Mindfulness Techniques
- Attention and Focused Breathing
- Relaxation Training
- Hypnosis
- Anger Management
- Assessments and Evaluations
- Groups
- Grief Counseling

### In Home Services Available

## Multi-Systemic Solution Focused Outcome Based Therapy:

- Clinically focused and supervised
- Flexible to meet the client's needs
- Family centered
- Focused and present oriented
- Compassionate and professional
- A culturally diverse staff

## What is Cognitive Behavioral Therapy?

Cognitive Behavioral Therapy (CBT) works on changing behavior through the restructuring of distorted thinking. CBT is an empirically evidenced based approach utilized in monitoring thoughts, assumptions, and beliefs leading to distorted thinking. Once identified, steps are processed in therapy with each client. Therapy targets the restructuring of maladaptive and distorted thinking into more adaptive, realistic thoughts.

Office in Hamden

Se habla Español

We accept most insurance plans