

## COUNSELING SERVICES

### WELCOME TO CENTRAL IOWA PSYCHOLOGICAL SERVICES

We believe in conducting thorough face to face assessments with each person and working together with people, as a team, to determine the best course of treatment. Our approach to adult counseling is to help each person use their existing strengths, in addition to learning new skills, to grow and create their own meaning in their life. We offer a wide range of [mental health services](#) and can help identify a treatment plan that is right for you.

#### OUR SERVICES

- |                                   |  |
|-----------------------------------|--|
| ✓ Telehealth                      | ✓ Psychological Evaluations                            |
| ✓ Adult Counseling                | ✓ Dialectical Behavior Therapy (DBT)                   |
| ✓ Child and Adolescent Counseling | ✓ Cognitive Behavior Therapy (CBT)                     |
| ✓ Couples & Family Counseling     | ✓ Eye Movement Desensitization and Reprocessing (EMDR) |
| ✓ Group Counseling                | ✓ Medication Management                                |
| ✓ Older Adult Services            | ✓ TMS Therapy  |

#### WHAT WE TREAT

- Depression And Anxiety
- Mood Or Behavior Issues
- ADD/ADHD
- Bipolar Disorder
- Learning Differences
- Obsessive Compulsive Disorder
- Post-Traumatic Stress Disorder
- Substance Abuse

### SCHEDULE AN APPOINTMENT

515.348.8257  
[IowaCounseling.com](http://IowaCounseling.com)



# COUNSELING SERVICES

## COMPASSIONATE, WHOLE PERSON CARE.

Central Iowa Psychological Services offers mental health services and counseling for children age 2 and up, adults, couples, and families. We offer evidence-based programs designed to meet the unique needs of our clients.

### OUR PROCESS

**Child & Adolescent Counseling** We believe in conducting thorough face-to-face assessments with each client and their family and working together with our clients to determine the best course of counseling, specific to each person. Our approach is to help children and families use their existing strengths, in addition to learning new skills.

**Couples Counseling** Couples and families can hurt for many different reasons. Counseling is a safe place to learn how to get your needs met and learn to meet the needs of others. We use a variety of methods to help couples improve their communication skills, increase their emotional bond, and rediscover one another.

**Adult Counseling** We treat clients as a whole person: body, mind, and spirit. Our goal is to help our clients feel empowered to handle previously overwhelming problems or difficulties by providing them the tools necessary to grow in a nurturing

**Substance Use Counseling** We understand that addictions affect more than just the individual, and our clinicians are prepared to assist in the recovery of both the client and his or her family. Our approach to treatment is collaborative, and we welcome client participation in 12 step programs and other community-based resources that provide support.

**Telehealth** The safety of our clients and staff is our highest priority. In addition to in-office appointments, we offer individual and group therapy through telehealth services. Online and secure video conferencing or private phone calls ensure our clients always have access to mental health

**Psychological Evaluations** Our trained psychologists use tests and other assessment tools to measure and observe a client's behavior to arrive at a diagnosis and guide treatment. The results of the tests will help inform develop a treatment plan. Evaluations can help identify a learning disorder, ADHD, anxiety, depression, and more.

**Medication Management** Managing psychiatric disorders sometimes requires a multi-faceted approach for successful treatment. Our on-site nurse practitioners can prescribe medication to help those living with ADHD, anxiety, or depression. Medication management along with ongoing counseling services is important in the treatment process.

## We're ready to help.

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### INSURANCE ACCEPTED



### LOCATIONS

#### Ames Office

223 Walnut  
Ames, IA 50010  
515.233.1122

#### West Des Moines Office

3737 Woodland Ave., Ste 415  
West Des Moines, IA 50266  
515.222.1999

#### West Des Moines Office – Med Clinic

3737 Woodland Ave., Ste 425  
West Des Moines, IA 50266  
515.223.1630

#### Ankeny Office

215 NW 18th St,  
Ankeny, IA 50023  
515.348.8258

