



[intense_content_box icon="arrow-right" size="2" position="topleft" animation="bounce" border_radius="20px"]**The I Dont Do Addictive Drugs is an organization consisting of psychologists and other mental health professionals dedicated to finding creative and research based solutions for life's challenges. Take a look at our modalities and give us a call to discuss your specific needs. We are here to help you and your loved ones.**[/intense_content_box]

Treatment modalities are different ways an issue or a condition can be tackled and treated. Understandably, a given problem can be approached and treated using different methods. A specific method or technique is chosen collaboratively with you depending on your specific issue, background, and even personal preference.

We at the Psychological Center Inc. use the following modalities and models to help our clients achieve success:

Modalities

- Adlerian/Individual Psychology
- Cognitive-Behavioral Therapy (CBT)
- Critical Incident Stress Management (CISM)
- Eclectic
- Ericksonian
- eTherapy
- Existential
- Gestalt
- Humanistic
- In-Vivo Exposure Therapy
- Interpersonal
- Mindfulness
- Narrative Therapy
- Positive Psychology
- Psychoanalytic
- Psycho-dynamic
- Psycho-education
- Psycho-synthesis
- Psychotherapy
- Rogerian Psychotherapy
- Solution-Focused Therapy
- Time-Limited Therapy

We strive to empower and motivate our clients to help them become self sufficient and leaders of their own lives with the following tools:

- Education
- Prevention
- Assessment
- Early intervention
- Treatment, and
- Follow-up services when necessary

With these combined methods, you can create more balanced and meaningful life and achieve much more durable, longer-lasting results from therapy.

Here is a short list of some of the models we utilize in treatment:

Psycho-education: This model attempts to educate you about your condition and ways to improve your adjustment and functioning while being treated for your specific concern. Psychoeducation is always involved in all of our treatment phases, regardless of the issue/condition being treated.

Cognitive Behavioral Therapy: Cognitive behavioral theory stems from the idea that people are affected by not what occurs in their environment, but by the way they perceive it. The goal of CBT is to assist you eradicate negative and faulty thought processes that lead to negative emotions and unproductive or harmful behaviors. CBT is research based and one of the most effective treatments today for a number of psychological issues and conditions.

Psycho-dynamic/Psychoanalytic: Psychoanalytic therapy generally focuses on uncovering unconscious thoughts, emotions, and behaviors. This particular model also attempts to uncover the person's repressed thoughts while identifying and improving the family dynamics.

Client Centered: Client centered therapy, developed by Carl Rogers, is focused on establishing a sincere, safe, and compassionate environment for the client, with genuine empathy and unconditional positive regard, without giving any direct advice or solutions to the issues at hand.

Solution-Focused Therapy: Solution focused therapy collaborates with you on identifying solutions to the problem by focusing on your strengths and innate resources.

Narrative Therapy: Narrative therapy involves telling/retelling the story of your trauma in an attempt to better identify your own strengths and eradicate the damaging impact it may have had on your life.

Gestalt Therapy: Gestalt therapy is an existential/experiential form of psychotherapy that emphasizes personal responsibility, and that focuses upon the individual's experience in the present moment, the therapist-client relationship, the environmental and social contexts of a person's life, and the self-regulating adjustments people make as a result of their overall situation (Wikipedia, 2015).

Psychodrama: Psychodrama is an action method, often used as a psychotherapy, in which clients use spontaneous dramatization, role playing and dramatic self-presentation to investigate and gain insight into their lives.

Interpersonal Therapy (IPT): Professionals using IPT believe that improving communication styles will effectively treat mood disorders like depression. By identifying how you relate to other people in your personal and professional environment, the psychologist and you will pinpoint the problem behaviors and come up with ways to modify it.

Rational emotive behavior therapy (REBT) is a comprehensive, active-directive, philosophically and empirically based psychotherapy which focuses on resolving emotional and behavioral problems and disturbances and enabling people to lead happier and more fulfilling lives.

Reality Therapy: It is a therapeutic approach that teaches on problem-solving and making better choices in order to achieve specific goals. This approach is focused on here and now in order to solve the current problems, rebuild current relationships and aim for better goals for a joyful and fulfilling future.

Give us a call with your questions or to make an appointment.