

[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 solutions for life's challenges. Take a look at the psychological services we offer and give us a call to discuss your specific needs. We are here to help you and your loved ones.**[/intense_content_box]

The I Dont Do Addictive Drugs is an outpatient mental health center which provides psychological assessments and treatment for:

- Adults
- Children
- Adolescents
- Families
- Women
- Men
- Culturally and sexually diverse individuals

The nature and scope of the specific psychological services will vary, depending on the condition.

Treatment starts with a psychological evaluation and assessment. The assessment includes evaluating the patient's mood, functionality, adjustment, and coping abilities. Once the evaluation is completed, the psychologist will then discuss the findings and recommended treatment with the patient and, if necessary, with his or her family.

I Dont Do Addictive Drugs **Individualized Treatment** track includes:

- **Individual Psychotherapy** - Based on the initial evaluation, you will be seen for individual psychotherapy sessions. These sessions focus on educating you about your mental health concerns aiming at enhancing the overall functioning, adjustment and coping abilities. Family members or the partner may also be involved in selected treatment sessions.
- **Psychological Testing** - psych testing is conducted in some cases to obtain an objective and standardized measure of your cognitive functioning, emotional adjustment, personality and other mentally related areas in question.
- **Neurofeedback** - On the basis of the patient's evaluation, individualized neurofeedback sessions may be recommended as well.
- **Group Therapy** - Based on the initial assessment findings, you may be referred for time-limited, theme-focused groups that are aimed at building cognitive enhancement or social/behavioral skills that are often fatigued following a mental health issue.
- **Consultations** - With your permission and informed consent we may consult with your referring physician and/or other outpatient team members involved in the your treatment for the duration of outpatient therapy.

Below is a list of all the services we currently offer.

[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)

Abuse

Academic Performance

Addictions

Adoption

Affective Disorders

Alcohol and Other Drugs Addictions (AOD)

Anger Management

Anxiety

Assertiveness Training

Assessments

Attention Deficit-Hyperactivity Disorder (ADHD)

[- Back to the top -](#)

Behavior Problems

Bipolar Disorder

Bullying

[- Back to the top -](#)

Child Psychology

Clinical Supervision

Conduct Disorders

Crisis Management

Critical Incident Stress Debriefing

[- Back to the top -](#)

Depression

Developmental Disorders

Dual Diagnosis

[- Back to the top -](#)

Emotional Abuse

Employee Assistance Program

Expert Witness Services

[- Back to the top -](#)

General Counseling

General Psychology

GLBTI issues

Grief and Loss

Group Sessions

[- Back to the top -](#)

Home Visits

[- Back to the top -](#)

Identity Problems

Impulsive Behaviors

Intellectual Assessments

[- Back to the top -](#)

Life Coaching

Life Transition and Adjustment Issues

[- Back to the top -](#)

Mediation

Memory Problems

Men's Issues

Mental Health

Mental Illness

[- Back to the top -](#)

Neglect

[- Back to the top -](#)

Panic Attacks

Panic Disorders

Parenting

Personal Development

Personality Assessments

Personality Disorders

Phobias

Physical Abuse

Physical Injuries

Pornography Addiction

Post-Natal Depression

Post-Traumatic Stress Disorder (PTSD)

Psychopathology Assessment

Psychotherapy

[- Back to the top -](#)

Rehabilitation

Relapse Prevention

Relationships

Relaxation Training

[- Back to the top -](#)

School Issues

School Readiness

School Visits

Self-Esteem

Self-Development

Self-Harm

Sex therapy

Sexual Abuse

Sexual Difficulties

Sexual Dysfunction

Sexual Identity Disorders

Sexuality Issues

Shyness & Social Skills Deficits

Sleep Disorders

Sports Psychology

Stress Management

Supervision

[- Back to the top -](#)

Teenagers

Trauma

[- Back to the top -](#)

Victim of Crime

Violent and Sexual Offenders

[- Back to the top -](#)

Weight Loss

Women's Issues

Work Related Issues

Workplace Bullying

Workplace Issues

Workshops

[- Back to the top -](#)