



*A good start
to a better you.*

At Steel Valley Wellness, we treat every client like our only client. There is no huge waiting room filled with people anxiously waiting for their name to be called. Here, it is not about how many clients we can see every day, it is about seeing the clients we can help every day. **It's personal ... to you and to us.** Trust that we will keep it that way.

We offer our care to individuals (child through adult), couples and families. With every new client, we first schedule an initial visit where we get to know you and develop a basic assessment to determine your particular needs. Once the specific needs have been determined and everyone is comfortable with the plan, we will schedule the individually tailored sessions.

How we help.

Our team has years of training and experience in helping both young and old overcome the challenges that are affecting them and preventing them from enjoying a happier, fulfilling life. We use a variety of therapies to achieve our treatment goals. They include:

- Cognitive Behavioral Therapy
- Dialectical Behavioral Therapy
- Mindfulness Based Treatment
- Strengths Based and Person Centered Therapy
- Solution Focused Therapy

The diagnoses we treat.

Maybe some of the diagnoses in the list below sound familiar. Maybe you think you are suffering from one of them. Let us help you determine what's going on, based off of our training, skills and experience. We will accurately assess and treat the problem you may have. Below is a list of common diagnoses and struggles:

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| Anxiety | Trauma Disorders |
| Depression | Stress Management |
| Obsessive Compulsive Disorder | Maternal Health (post partum depression and anxiety) |
| Obsessive Compulsive Personality Disorder | Adolescent Health |
| Panic Disorders | Parenting Issues (management and education) |
| Mood Disorders | Conflict Resolution |



YOU. BETTER. BELIEVE IT.™

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LICENSED PROFESSIONAL COUNSELORS