

Services we offer include, but are not limited to the following:

Mental Health

- Depression/Mood Disorders
- Anxiety/Panic Disorders
- Autism Spectrum
- Grief/Loss
- Sexual/Physical/Emotional Abuse Survivors
- Eating Disorders
- Adolescent Behavior Disorders
- Young Child Therapy
- Anger and Stress Management
- Attachment Disorders
- Chronic Illness/Pain
- PTSD (Post-traumatic Stress Disorder)

Relationships Counseling

- Marital/Relationship Therapy
- Family Counseling
- Parenting Skills and Training
- Co-Parenting/Divorce Adjustments

Addictions Counseling

- Alcohol and Drug Assessment
- Individual/Group AODA Counseling
- Underage Alcohol/Drug Violation
- Adult Children of Alcoholics

Groups

Credence runs several groups depending on the needs of our clients. Please call to see what is available at this time.



Credence Therapy Associates is a private practice, outpatient mental health and substance abuse clinic located in Elkhorn, WI. The clinic was established in 1992 with the mission of treating individuals, couples and families in need of mental health services in the Walworth County community. Individuals treated at Credence range in age from three years old to eighty years of age. Our clinics offer private, confidential, individualized services in a warm, caring, home-like setting.

Operation hours are from 8:00 am until 8:00 pm Monday through Thursday. Friday clinic hours are 9:00 am until 1:00 pm and Saturdays by appointment.

Most insurance plans accepted and self-pay sliding fee scales available

CREDENCE THERAPY ASSOCIATES

COUNSELING SERVICES



Located in Elkhorn, WI
For inquiries or to schedule an appointment please call
(262)723-3424

www.credencetherapy.com

WHY SEEK THERAPY?

People come to counseling for all kinds of reasons. Some people want help solving a problem that no matter what they have tried in the past, it just does not go away. Others don't even know what problem or problems they want to address. They know they don't feel well and they want to feel better but nothing they do changes the way they are feeling. Deciding to start therapy can be a difficult decision. What people don't realize is that when they look for help, it is just another way of saying, "Look world I care about myself!" Getting help should not make anyone feel less of a person. Therapy is a way of saying that, "I matter and I have the courage and power to change".

Our goal at Credence Counseling & Therapy Associates is to provide confidential, professional treatment services specialized to meet the needs of the individual client. We will work with a client to formulate the most comprehensive yet concise treatment plan. We do not discriminate on the basis of age, gender or creed. We accomplish our goals through individual, couple, family and group therapy approaches.

Some people have many questions that come up when considering starting therapy. This brochure was developed to help answer some of those questions.

Do you take Insurance and/or

what are my payment options?

Yes, we do accept insurance through major insurance plans and will file your claims with your insurer as a courtesy. Each insurance plan has its own unique reimbursement rate, so even if you have the same carrier as someone else, your plan may pay more or less for therapy sessions. To check your specific benefits, contact your insurance company's service department. The customer service department generally lists its toll-free number on your insurance card (Ask for outpatient mental health benefits and deductible information). *If you do not have insurance we offer a self-pay sliding fee scale program.*

Is what I talk about with my therapist confidential?

Generally, yes but there are some specific legal exceptions. At your first visit you will receive a copy of our privacy policies which will fully explain your rights to, and limits of, confidentiality. Feel free to discuss any confidentiality concerns you may have with your therapist.

How long does a therapy session last?

Therapy sessions typically run 45-60 minutes per session.

How long does counseling

take?

The length of psychotherapy must ideally conform to the needs of the person seeking help. Sometimes brief interventions may be very helpful. In other cases months of work are invested in an in-depth exploration of many aspects of the client's personal conflicts.

Can the therapist prescribe medicine for me if I need it?

No, our therapists do not prescribe medications. They will refer you to a psychiatrist in the area or assist you in working with your primary care physician to obtain appropriate medication.

Are evening and weekend appointments available?

Clinic Hours are Monday-Thursday from 8:00 am to 9:00 pm, Friday from 9:00 am to 1:00 pm, and Saturdays by appointment.

To set up an appointment or if you have further questions please contact us at 262-723-3424. If you would like to learn more about our therapists and services offered, please visit our website at www.credencetherapy.com.