

Our staff consists of a team of licensed psychologists, licensed professional counselors, certified rehabilitation counselors, certified school psychologists and highly trained and specialized diagnosticians, each possessing a wide range of specializations and experience. Each of our services is individually tailored to meet your specific needs.

Individual Therapy
Child Therapy
Couples Therapy
Career and Life Coaching
Distance Counseling "Teletherapy"
Biofeedback & Neurofeedback
Prescription Medication Consultations
Psychological Testing/ Evaluations
Psycho-educational Testing
Learning Performance Clinic

We are easily accessible via MARTA and Cobb County Transit (CCT). Free parking always available

Intown Psychological Assoc., LLC

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Intown Psychological Assoc., LLC
Downtown Atlanta & Marietta
www.intownpsych.com



intown
PSYCHOLOGICAL ASSOCIATES LLC

Individual Therapy
Child Therapy
Couples Therapy
Career & Life Coaching
Distance Counseling
Prescription Medication Consultation



Individual Therapy
Child Therapy
Couples Therapy & Pre-marital Counseling
Career & Life Coaching
Distance Counseling (Skype, Telephone)
Prescription Medication Consultation with
Psychiatrist (M.D.)

Individual therapy

There are many reasons why people come to therapy. Sometimes it is to deal with long-standing psychological issues or problems with anxiety or depression. Other times it is in response to unexpected changes in one's life such as a divorce or a problem at work. Therapy is right for anyone who is interested in making the most out of their life, creating greater self-awareness, and working towards positive change.

Therapy involves talking with a trained professional about conditions ranging from depression and anxiety to relationship conflicts and career frustrations. Therapy provides ways to express feelings, understand patterns of thinking, gain perspective on relationships, set goals, and clarify future plans. Therapy can both alleviate pain and suffering and add meaning and richness to life. Therapists employ a range of techniques and methods, some suited to particular mental health issues and some that can be applied to clients dealing with a variety of issues.



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Child therapy

Counseling must be adapted to meet the developmental needs of children. Since children often do not have the ability to articulate thoughts and feelings, counselors use a variety of items such as crayons, paint, clay, puppets, toys and board games. In many cases the counselor may also work with the caretaker of the child, especially if the child is younger than age four. We can often arrange for in-home services, as well.

Couples therapy

Therapy assists couples (whether they're married or not) resolve conflicts and build a more enriched and satisfying relationship. Many couples come to counseling seeking more love and intimacy, better communication, and a more satisfying sexual relationship. Couples therapy helps to create a neutral space to explore charged issues in the relationship with the help of a therapist. Common issues include threats of divorce, communication problems, infidelity or cheating, sexual problems, issues with money, drug and alcohol use, work commitments, lack of emotional intimacy, power struggles, and parenting or family problems. Couples therapy may be as brief as 3 to 5 sessions, or continue for months. Many couples; however, can reach their goals and gain the tools they need for lasting change in as little as 8 to 12 sessions.

Career & Life Coaching

Observe anyone at the top of their game and the results will likely be the same; they've all had valuable guidance and direction. Personal fulfillment and success comes from living the life you were designed to live! If you desire more balance and to live a fulfilled life, you must take action and break the routine! Topics typically discussed may include:

- Stress Management and Balance
- Personal Growth
- Career Planning and Development
- Motivation and Time Management
- Health, Lifestyle and Self-Care

To schedule your first appointment, simply call our office or visit www.intownpsych.com.

Distance Counseling/ "Teletherapy"

Distance counseling is in great demand these days considering our hectic schedules. Instead of driving to the office, simply sit back in your favorite chair at home and enjoy the benefits of the 21st century. Also, it's a viable alternative when time, finances, and travel barriers would otherwise restrict treatment. Distance counseling services are much like face-to-face counseling with licensed counselors or psychologists with years of experience, but with the assistance of modern technology. Sessions begin with an assessment of the problem including an exploration of your personal history.

Prescription Medication Consultation with Psychiatrist (M.D.)

We presently work closely with a couple of well-respected psychiatrists in the area including one at the Emory Clinic and another psychiatrist in private practice in Buckhead. If medication management becomes necessary, we believe that the exchange of information between one's therapist and psychiatrist is essential and greatly benefits those requiring prescription medication interventions.

Insurance

If you have medical insurance with mental health benefits, then some or all of your fees may be covered. We currently accept BC/BS, Aetna, Medicaid, Medicare and Tricare. Out of Network benefits can also be utilized.

If you don't have insurance, Intown Psychological Associates, LLC is willing to work with you. Reduced fee services are available on a limited basis; please call our office for more information.

