

WHO WE ARE

The **Counseling Center Group** is dedicated to helping you build a **life you love to live**. Our highly **specialized** and trained **therapists** are committed to providing relatively **short-term** therapy treatments designed to achieve **positive, long-lasting results**.

VALUES

Our skilled therapists use structured, **evidence-based methods** to help you reach realistic goals efficiently. We recognize that you need **sensible strategies** to achieve your desired outcomes, not years of open-ended therapy that simply validates your concerns. Each member of our team operates with that core value in mind and can work with you **one-on-one** or in **group therapy** in an environment that embraces **diversity, equity, and inclusion**. We take pride in helping individuals of all ages make life-enhancing changes and transitions.

GOALS

At the Counseling Center Group, our goal is to help you **discover your authentic self**, **understand the emotions, thoughts, and actions** that keep you stuck in place, and **master the tools** you need to live a **fulfilling life**.

Start your
journey today.

CONTACT US



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COUNSELING CENTER[®]
GROUP

LIVE A LIFE
YOU LOVE.



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888.604.6776

WHO WE TREAT

At the Counseling Center Group (CCG) our therapists specialize in a variety of services for those wanting to create change in their lives. We provide the following therapy for children, adolescents, and adults.

- **Individual Therapy**
- **Couples Therapy**
- **Family Therapy**
- **Parent and Child Therapy**
- **Group Therapy**
- **Black, Indigenous, & People of Color (BIPOC) Support**
- **LGBTQIA+ Support**

We strive to create a safe space where clients can explore any issue they face without fear of judgment or stigma. We believe that everyone has the capacity for growth and healing when given the right tools and support system.



WHAT WE TREAT

When a client comes to us for counseling, we strive to provide the **skills** and **tools** for making (and maintaining) **significant life changes**. Because of this, our clients tend to experience a **positive difference** in their moods/affects, lives, relationships, **quickly**.

Mental Health Conditions We Treat

- **Anxiety**
- **Addiction**
- **Depression**
- **Eating Disorders**
- **Emotional Dysregulation**
- **Obsessive-Compulsive Disorder (OCD)**
- **Mood Disorders**
- **Relational Issues**
- **Social Skills**
- **Suicidal and Self-Harm Behaviors**
- **Trauma**
- **Life Transitions**

Getting Started

1. Contact Us to Get Matched
2. Connect With Your Therapist
3. Begin Building a Life You Love to Live

Our skilled therapists bring many years of experience from a wide variety of specialty areas.

We guarantee to match you with the right therapist to meet your specific needs.



HOW WE TREAT

At CCG we value proven evidence-based therapy solutions. Each of our therapist team members has specific specialties and they are committed to doing that work adherently.

Our **specialty areas** include:

- **DBT**
- **Exposure Response Prevention**
- **EMDR**
- **CBT**
- **Gottman Couples Therapy**
- **PEERS**
- **IFS**

And more, visit our website at [counselingcentergroup.com](https://www.counselingcentergroup.com) to see the full list of our speciality areas in the New Jersey, New York, Maryland, Washington, D.C., Virginia, and Florida areas.
