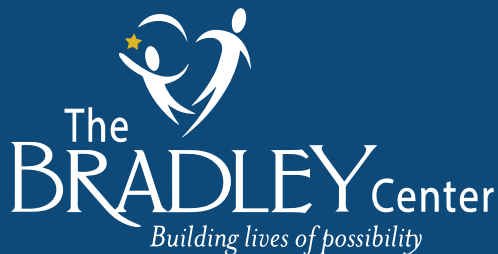




# Outpatient Therapy

**Counseling for children, teens,  
and adults**





## Counseling that Your Family Can Count On

No matter how big a problem might seem, the first step in solving it is being able to talk about it openly with someone you trust.



At The Bradley Center, our experienced therapists work with children, adults, and families to help them open up, discuss challenges, acknowledge and process stress and trauma, and identify helpful and hopeful solutions that can lead to a happier, healthier future.



We help our clients with a variety of challenges, including:

- Anxiety
- Behavioral difficulties
- Depression
- Obsessive-compulsive behavior
- Symptoms related to past trauma
- Relationship challenges
- Substance abuse

When you're ready to talk to someone, we're here to listen — and to help.



## How We Help

Bradley's therapists are highly trained in trusted and effective therapeutic practices, including:

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

Our therapists will work with you, your family, or your loved one to develop a treatment plan that includes goals and a clear path to achieving better mental and emotional health.

By working with our therapists on your identified goals, you'll learn how to navigate life's challenges with increasing clarity, calm, and confidence.

To learn more about Outpatient Therapy services at The Bradley Center, call us at 878-999-3010 ext. 5205 or email [referrals@thebradleycenter.org](mailto:referrals@thebradleycenter.org)

**A better future is waiting for you.**



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