

STVCC Counseling Services offers individual, child, family, couples and group counseling by professionally trained staff.

Presenting issues are identified by the client with the help of a therapist and addressed in a safe and supportive environment that matches the client's needs.

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**ISSUES TREATED INCLUDE,  
BUT ARE NOT LIMITED TO:**

- Abuse and trauma
- Addiction
- Anger management
- Anxiety
- Child behavior issues
- Communication skills
- Depression
- Employment issues
- Family/couple conflicts
- Family health crisis
- Grief and loss
- Pornography addiction
- Post-traumatic stress disorder
- Self-esteem issues
- Stress
- Substance abuse

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**Begin healing TODAY!**

CONTACT US TO  
SCHEDULE AN  
APPOINTMENT

**STVCC Intake Coordinator**

517.323.4734 ext.1700

[stvcc.org/services/counseling](http://stvcc.org/services/counseling)

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**St. Vincent Catholic Charities**

PROVIDING HELP. CREATING HOPE.

2800 West Willow Street  
Lansing, MI 48917  
(517) 323-4734



# COUNSELING SERVICES



**PROVIDING HELP.**

**CREATING HOPE.**

[www.stvcc.org](http://www.stvcc.org)

## WHAT TYPES OF THERAPY ARE AVAILABLE?

The clinicians at STVCC are trained in a variety of approaches to psychotherapy including:

- Child play therapy
- Couples therapy
- Eye Movement Desensitization Reprocessing
- Faith-Informed Counseling
- Family therapy
- Grief & Loss therapy
- Group therapy
- Individual therapy
- Marriage therapy
- Pregnancy & Infant Mental Health counseling
- Sandtray therapy
- Substance abuse prevention, assessment and treatment

### Seasons: Supporting Families Through Serious Illness

A STVCC counseling program, Seasons is able to help children, teens, and adults cope with the changes that occur with serious illness from the point of diagnosis through support group therapy.

## FREQUENTLY ASKED QUESTIONS

### Q: ARE MY CONVERSATIONS WITH A THERAPIST CONFIDENTIAL?

A: Conversations with a therapist are confidential within the limits of the law.

### Q: DO I NEED TO BE CATHOLIC TO RECEIVE COUNSELING SERVICES?

A: No. STVCC serves people of all faiths and beliefs. No one will be excluded from services based on ethnic background, beliefs, gender, disability, or age.

### Q: DO YOU ACCEPT MY INSURANCE?

A: Most major insurances are accepted.  
Call for further information:  
517.323.4734 ext. 1700

### Q: I'M NOT AVAILABLE DURING YOUR STAFFED DAYTIME HOURS, CAN YOU STILL HELP ME?

A: Evening hours are available by appointment. Please call for further information: 517.323.4734 ext. 1700

### Q: I'M INTERESTED IN SETTING UP A MENTAL HEALTH WORKSHOP. ARE YOU ABLE TO HELP ME WITH THAT?

A: Agency staff are available to provide workshops relating to mental health and substance abuse issues and the needs of individuals, couples, families and children.

## ABOUT US

STVCC Counseling Services has been providing services to the mid-Michigan community for over 60 years.

Our staff are doctoral and master level mental health professionals. They have training and expertise in dealing with a variety of clinical issues.

STVCC Counseling Services also offers Substance abuse support services. We actively work with the Department of Health and Human Services of Ingham County through a program called "New Directions."

New Directions is dedicated to families by providing substance abuse assessment, case management, and referrals to substance abuse treatment programs and community resources.

