

Children's Services

Arbor's clinicians have extensive training and experience in dealing with the unique needs of children. Specialty areas include:

- Childhood Depression
- Behavioral Problems
- Divorce/Separation Issues
- ADD/ADHD
- School Related Difficulties

Adolescent Services

We are experienced, caring and effective in working with this high energy population. Treatment issues include:

- Depression
- Acting out/behavioral problems
- Anxiety
- Family conflict
- Poor academic performance
- Self-harming behaviors
- Substance Abuse
- Eating Disorders
- Trauma Recovery

Adult Services

Our clinicians work in tandem with clients to develop goals consistent with their specific needs. Areas of specialization include:

- Depression
- Anxiety and panic disorders
- Marital/Couples' Issues
- Stress Management
- Addictions
- Survivors of Physical and Sexual Abuse

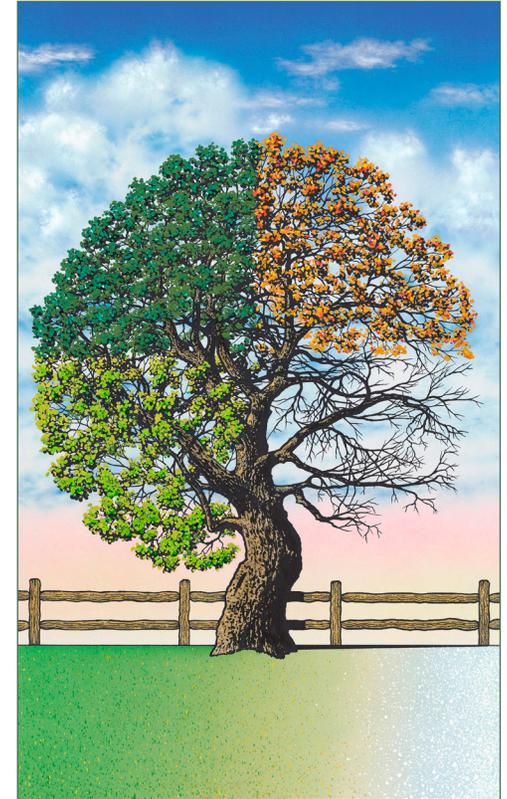
www.arborcounselingcenter.com



Arbor Counseling Center
1401 McHenry Rd., Suite 122
Buffalo Grove, Illinois 60089

ARBOR

Counseling Center



Specialized Counseling
and Consulting Services
for
Individuals, Couples, Families
and Organizations

Arbor Counseling Center is a comprehensive psychotherapy practice providing counseling and consultation services to:

- Children and Adolescents
- Adults
- Couples
- Families
- Community Organizations
- Businesses
- Schools

We believe in our clients – in their strengths, their resiliencies and their right to live life at their highest potential. We care about what's important to our clients, and treatment is individually tailored to each client to promote the highest level of health, fulfillment and positive personal energy. Our unconditional positive regard for our clients, coupled with our collaborative approach to solving problems WITH our clients, instead of for them, produces results often far beyond what individuals can achieve on their own.

Arbor's Mission Statement

To provide clients, families and organizations with top quality, ethical counseling and consulting services.

Our dedicated, professional staff utilizes a multi-theoretical, holistic approach to counseling clients, their families and the systems and communities in which they work and live.

Specialized Services

- Addictions Treatment (including substances, gambling, spending, internet and sexual acting out)
- Anger Management Program
- Art Therapy
- Christian Counseling
- DBT (Dialectical Behavioral Therapy)
- Diagnostic Assessments for schools, courts, employers and Employee Assistance Programs
- Divorce and Family mediation
- EMDR (Eye Movement Desensitization Reprocessing)
- Grief and Loss
- Groups
- LGBTQ
- Sexuality Issues
- Trauma Recovery

Training and Educational Services

People are most prepared to deal with life's challenges when they feel informed. Through customized training and educational seminars, Arbor aids our clients in developing more effective problem-solving and coping techniques. Seminar topics include:

- Stress Management
- Effective Communication
- Substance Abuse Education
- Parenting Effectively
- Conflict Resolution
- Life Stage Challenges
- Topics designed to meet your organization's needs.

Our education presentations have been utilized by a variety of organizations, including hospitals, schools, churches and synagogues, businesses, parent groups and employee assistance programs.

Appointments

To make an appointment or for information about our services contact Arbor Counseling Center at 847-913-0393.

You may also visit Arbor's website at www.arborcounselingcenter.com

Fees

Most insurance plans provide reimbursement for our services. Our master's level clinicians are approved by most PPO and managed care organizations as preferred providers. For current fees and insurance reimbursement information, contact Arbor's office managers at 847-913-0393.

Office Locations

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