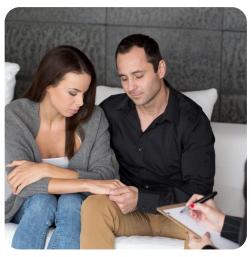
COUNSELING & PSYCHIATRIC SERVICES



INDIVIDUAL THERAPY



COUPLES THERAPY



FAMILY & CHILD THERAPY



PSYCHOLOGICAL TESTING



ONLINE THERAPY



PSYCHIATRIC SERVICES

TREATMENT FOR:

All Major Mental Health Disorders Including: Abuse Survivors, ADHD, Anger, Anxiety, Autism Spectrum Disorders, Bipolar Disorders, Borderline Personality Disorder, Communication Issues, Co-Parenting Challenges, Depression, Dual Diagnosis, Eating Disorders, Grief & Bereavement, Infidelity & Intimacy Issues, LGBTQ+ and Gender Identity Issues, Marital Problems, Obsessive Compulsive Disorder (OCD), Panic Disorder, Postpartum Depression, PTSD, Self-Injury, Sexual Issues, Stress, Substance Use Disorders, Suicidal Thoughts and more.

ABOUT US

The Counseling and Wellness Center of Pittsburgh is a woman-owned private practice with multiple locations throughout the Greater Pittsburgh Area. We also provide Online Counseling Services.

In addition to our core services, which include Individual, Couples, Family, Child and Group Therapies, as well as Psychiatric Services & Medication Management, we also offer comprehensive Psychological Assessment and Testing. Our practice also embraces Integrative Wellness Services such as Herbalism, Health Coaching, Meditation, Mindfulness, Nutrition Counseling, Reiki, and Yoga.

Our mission is to enhance the health and well-being of our clients, providing support on your journey to improved mental health and overall wellness.



COUNSELING & PSYCHIATRIC SERVICES

Pittsburgh
Greensburg
South Hills
Cranberry
Monroeville
Wexford

CounselingWellnessPGH
CounselingWellnessPGH
@CounselingWellnessPGH
CounselingWellnessPGH
info@counselingwellnesspgh.com

Counseling & Wellness CENTER OF PITTSBURGH

412-322-2129
COUNSELINGWELLNESSPGH.COM

MEDICATION MANAGEMENT

Medication Management can be an essential part of treatment for many people with mental illness as it can help to relieve symptoms and improve overall functioning. We are excited to offer our patients Psychiatric Services where we would create a customized treatment plan that includes the right type of medication that can help support mental wellness.

WELLNESS OFFERINGS

We can help you to optimize your health & wellness by strengthening your mind, body, and spirit with wellness services such as Herbalism, Meditation, Nature Therapy, Nutrition Counseling, Reiki, Sound Healing, Wellness Workshops and Yoga in the Park.



WE USE MODALITIES SUCH AS:

Cognitive Behavioral Therapy (CBT), Cognitive Processing Therapy (CPT), Dialectical Behavioral Therapy (DBT), EFT Tapping, Eye Movement Desensitization and Reprocessing (EMDR), Acceptance & Commitment Therapy (ACT), Art and Play Therapy, Child Therapy, Christian Counseling, Emotionally Focused Therapy, Internal Family Systems (IFS), Gestalt Therapy, Gottman Method Couples Therapy, Group Therapy, Humanistic Therapy, LGBTQ+ Affirming Therapy, Medication Management, Mindfulness and Meditation, Motivational Interviewing, Narrative Therapy, Parent Child Interaction Therapy (PCIT), Person-Centered Therapy, Pre-Marital Counseling, Psychodynamic Therapy, Psychological Assessment and Testing, Sex Therapy, Solution-Focused Therapy, Somatic Therapy, Trauma Counseling.

COUNSELING & PSYCHIATRIC SERVICES

Pittsburgh
Greensburg
South Hills
Cranberry
Monroeville
Wexford

CounselingWellnessPGH
CounselingWellnessPGH
@CounselingWellnessPGH
CounselingWellnessPGH
info@counselingwellnesspgh.com

WE ACCEPT INSURANCE

We accept most major health insurances and self-pay. We also offer low cost and sliding scale options based on a person's income. Rather than a fixed fee, sliding scale therapists offer a cost range that slides up and down for individual clients.

Insurance also covers Nutrition Counseling with our Registered Dietitian and Psychiatric Services.

CUSTOMIZED APPROACH

Our therapists understand that not all treatments or approaches are one size fits all. Each person is as unique as the next, each with their own distinctive set of strengths, needs, and areas for growth. Our therapists take the time to understand what therapeutic modalities will be most effective for each individual.

ONGOING TRAINING

Our therapists are committed to lifelong learning and staying up to date on the latest research and newest evidence-based treatments. We have the largest group of certified trauma professionals in the region.

Counseling & Wellness CENTER OF PITTSBURGH

412-322-2129
COUNSELINGWELLNESSPGH.COM