

## OUR TEAM OF THERAPISTS

*At ACS we strive to offer holistic care that embodies compassion with a person-centered focus. Our therapists are equipped to deal with issues that affect everyone. We can also address chronic mental health challenges and trauma that may be affecting your mental health.*

*Our therapists understand the neuroscience of trauma and many are EMDR trained. All will use grounding techniques to help stabilize and reconnect you to feeling safer in your body.*

*We want to assist you in developing resources that you need to achieve and maintain recovery. If you struggle with depression or anxiety, we will listen and learn how you experience these mental health challenges and together find a way to move forward.*

*We also collaborate with a psychiatrist that can offer appointments to consult about your medication management needs.*

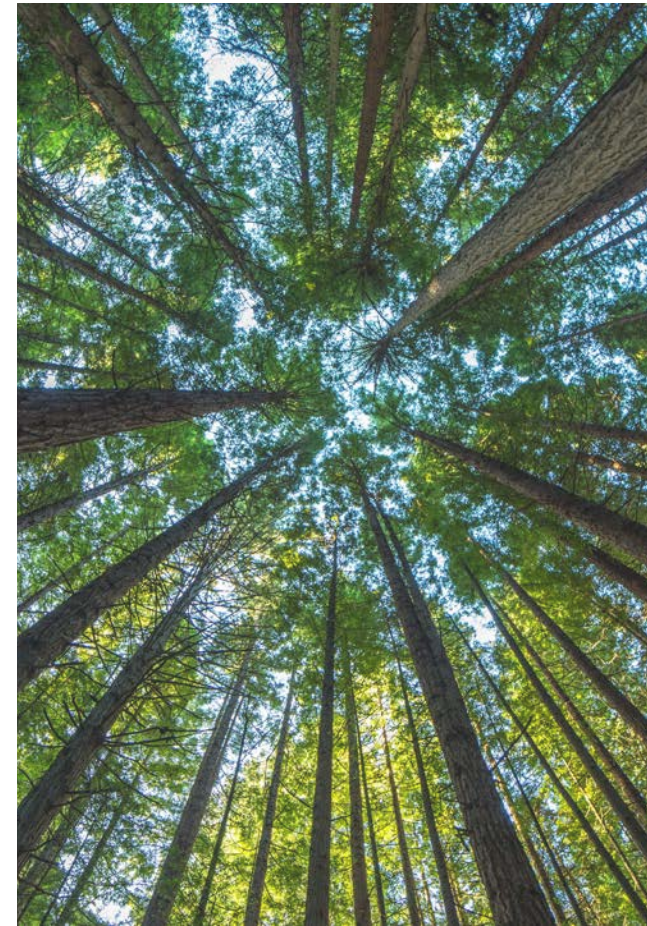


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## APPLIED CARE SERVICES

IN-HOME AND OUTPATIENT  
THERAPY

*"We Listen and We Learn Together"*

# OUR SERVICES

## IN-HOME AND OUTPATIENT THERAPY

We recognize that for some, getting to and from a therapy office may present challenges due to disabilities or illness for you or a family member, or transportation issues. For these reasons we can come to you, and can provide therapy in your home where you are most comfortable.

Our offices located in White Bear Lake, offer outpatient therapy and are easy to access just off the freeway. Seeing your therapist in the office can be a quiet get-away from the stress of everyday life.



## SUPPORT GROUPS\*

We offer a **Co-Occurring Therapy Group** for people struggling with mental health challenges and substance use. The focus of the group is on building resiliency and managing both your mental health and substance use.

Our **Trauma Therapy Group** for women focuses on understanding trauma from a neurobiological perspective and developing a different relationship to both your explicit and implicit memories. In this course attention will be focused on how you survived, and how to differentiate the past from the present.

Join our **Zoom Primer, Trauma Therapy Group!** This group is offered via Zoom and will meet for 4 or 5 sessions prior to the in-person trauma therapy group. This group will offer an psycho-educational overview of the trauma group, with a focus on grounding skills.

A **Happiness Group** is also offered and focuses on the neuroscience of happiness and pleasure and how, through learned skills, we can obtain a more satisfying existence.

\*Groups are held with a minimum of 4 group members in participation.

## TELETHERAPY

### **What is it?**

Teletherapy is engaging in therapy work using a HIPAA-compliant, online, video platform.

### **What are the benefits?**

Teletherapy is flexible and accepted by most major insurance companies.

**Ask how you can start seeing one of our amazing therapists, online, today!**

## REVIEWS

**"You can tell the staff at ACS truly cares about you."**

**"I've accomplished big milestones with ACS support."**

**"I am grateful and lucky to work with staff from ACS."**

**"ACS staff is very knowledgeable. They truly care about you."**

**- ACS clients**