



RENAISSANCE

BEHAVIORAL HEALTH LLC

PSYCHOTHERAPY (INDIVIDUALIZED/FAMILY)



A NEW PERSPECTIVE ON WELL-BEING

What is Psychotherapy?

Psychotherapy is a general term for treating mental health problems by talking with a psychiatrist, psychologist, or other mental health provider.

During psychotherapy, you learn about your condition and your moods, feelings, thoughts, and behaviors. Psychotherapy helps you learn how to take control of your life and respond to challenging situations with healthy coping skills.

There are many types of psychotherapy, each with its own approach. The type of psychotherapy that's right for you depends on your individual situation. Psychotherapy is also known as talk therapy, counseling, psychosocial therapy or, simply, therapy.

Psychotherapy at **Renaissance Behavioral Health** offers individualized and family counseling that encompasses psychoanalysis and cognitive behavioral therapy.

Psychotherapy begins with some discussion of a person's background and the concerns that led him or her to seek help. Following this initial assessment, the client and therapist come to an agreement, called the treatment contract. The treatment contract specifies the goals of treatment, treatment procedures, and a regular schedule for the time, place, and duration of their treatment sessions. Sometimes this treatment contract is written down explicitly, but more often it is discussed between client and therapist.

Many kinds of psychotherapy have proved effective in helping people feel better, resolve problems in living and modify their attitudes and behavior in constructive ways. Knowledgeable psychotherapists select and recommend a treatment approach that is known to be well-suited for addressing a client's needs and concerns, and they tailor their procedures to fit each individual client's personality style and life circumstances.

Please Contact us for more information at 440-606-2003

Renaissance Behavioral Health provides comprehensive outpatient treatment to children, adolescents, adults, and older adults suffering from drug addiction, mental health issues, and co-occurring disorders. Our fully licensed and accredited staff have provided world-class treatment for over 20 years.

