

Lifestyle Center for Counseling & Nutrition

Treatment Policies & Procedures

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Lifestyle Center for Counseling & Nutrition would like to welcome you!

“Treatment” means that you voluntarily agree to attend regularly scheduled treatment sessions at the Center living at your home and continuing with regular activities such as work or school. Our goal is to assist you in addressing your concerns in a professional and caring manner by offering a safe therapeutic environment. It is also our objective to provide a positive counseling experience to facilitate the change you need for achieving a higher level of functioning.

Types of Treatment

At the initial intake session and at different points in treatment, you and your therapist may discuss potential benefits of increasing or changing the type(s) of treatment you receive. The types of treatment offered at the Center include the following:

Individual Psychotherapy: regularly scheduled therapy sessions grounded in psychological theory to address your current distress or concerns, related mood and behaviors.

Family Psychotherapy: regularly scheduled sessions for you and your partner or family members to facilitate positive changes in how you and your family cope, communicate and relate with each other.

Group Psychotherapy: weekly therapy groups designed to lessen your sense of isolation and gain support to make positive changes.

Referrals for Nutrition Therapy: regularly scheduled sessions to develop skills for healthy eating and to improve your relationship with food.

Referrals for Psychiatric Consultation: regularly scheduled sessions for medication evaluation and medication treatment plans.

Referrals for Medical Examination, Care and Testing: Lifestyle Center for Counseling & Nutrition believes in the importance of physical health as well as emotional health. It is our policy that all clients are followed by a medical doctor as part of their treatment.

If my therapist recommends a physical evaluation or ongoing physical exams/lab work by my physician to rule-out possible medical problems and to ensure that I am in good physical health, I agree to comply with this recommendation. I also understand that non-compliance of the above recommendations may result in discontinuation of services or referral to a higher level of care outside of this outpatient setting.