

## Behavioral Health

# Counseling Services

Our counselors work collaboratively with you to support growth, healing and well-being. Our strengths-based and person-centered services promote resiliency and positive changes that are long lasting and meaningful to you.

We offer a variety of outpatient individual and group counseling services for youth, adolescents and adults with behavioral health needs. We specialize in youth services and work with trauma survivors and crime victims. Other areas of focus include anxiety, depression, behavioral problems, parenting and refugee services.



Our counselors are trained in a variety of Evidence Based Practices to best meet your needs. Some of these include:

- Cognitive Behavioral Therapy (CBT)
- CBT Plus
- Trauma Focused-CBT
- Common Elements Treatment Approach (CETA)
- Cognitive Processing Therapy (CPT)
- Motivational Interviewing
- Acceptance and Commitment Therapy (ACT)
- Parent Child Interaction Therapy (PCIT)

We offer ancillary parent peer support and refugee peer support services.



<http://lcsnw.org/>

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## Eligibility

We accept most insurance plans including Washington State Medicaid and Crime Victim's Compensation. Specialized grants for victims of sexual assault, families served through the Children's Administration, and refugees and immigrants are available. To learn more about these specialized grants, or private pay/sliding scale payments, please contact our intake team.



**For more information, please contact:**

Intake Team

Lutheran Community  
Services Northwest  
210 W. Sprague Ave.  
Spokane, WA 99201

Phone: 509-747-8224

**Health. Justice. Hope.**