

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, youth with sexual behavior problems, parenting stress and refugee mental health.



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

- Parent Child Interaction Therapy (PCIT)
- Cognitive Behavioral Therapy (CBT)/ CBT Plus
- Trauma Focused-CBT (TF-CBT)
- Eye Movement Desensitization and Reprocessing (EMDR)
- Common Elements Treatment Approach (CETA)
- Motivational Interviewing
- Acceptance and Commitment Therapy (ACT)



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Eligibility

We accept Washington State Medicaid plans and Washington's Crime Victim's Compensation funds. We accept many commercial insurance plans. Specialized grants may be available for victims of sexual assault and for families with no/limited insurance coverage. Private pay or sliding scale fees are options. To learn more, please contact our intake team at **(509) 747-8224**.

No one will be denied service because of an inability to pay.



For more information, Visit us at our office location or call our intake team.

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

Phone: (509) 747-8224

Website: lcsnw.org/spokane



Health. Justice. Hope.