

Capability Statement

Our goal is to foster behavioural and psychological changes to build a wholesome, healthy lifestyle. Clients will build upon constructive problem-solving skills, to deal with life's challenges.

We focus on providing medication-assisted treatment for opioid addiction with Buprenorphine (Suboxone®).

Because buprenorphine is a partial opioid agonist the typical effects may lessen physical dependency and decrease potential for misuse, all with a relatively mild withdrawal profile. At the appropriate dose buprenorphine treatment may:

- Suppress symptoms of opioid withdrawal
- Decrease cravings for opioids
- Reduce illicit opioid use
- Block the effects of other opioids
- Help patients stay in treatment

Core Competencies

We have several approaches to use based on our clients' needs, motivations, interests, and situation. Appropriate and selective approaches will be used to design effective, holistic treatment recovery. The focus will be on providing each client with wholesome individual and family recovery.

- **Affirmation Therapy**
- **Experiential Therapy**
- **Gestalt Therapy**
- **Genogram Construction**
- **Group Therapy**
- **Medication Repair (i.e. buprenorphine)**
- **Journaling**
- **Movie Therapy**
- **Sculpting**
- **Psychodrama**
- **Letter Writing**
- **Music Therapy**

Our Approach

Our Experiential Family Therapists use a reflective team approach introducing creative intervention techniques to help clients to focus on the positive aspects of family life, which influence new ways of communicating with family members. Couple and family therapy sessions help construct change by giving voice to new meaning and help couples and families re-author their family narratives. Through experiential activities, family members discover optimistic solution generating techniques and learn to de-escalate destructive communication patterns.



NAICS: **CAGE:** 82U45 **DUNS:** 081137179

621420 – Outpatient Mental Health & Substance Abuse

621111 – Offices of Physicians

621112 – Office of Physicians, Mental Health Specialists

621410 – Family Planning Centers

624190 – Other Individual Family Services

Certifications and Memberships

LPC-S (Licensed Professional Counselor-Supervisors)

LMFT-S (Licensed Marriage and Family Therapist)

LCDC (Licensed Chemical Dependency Counselor)



Why Choose True Connections?

- Medical Doctor is OB/GYN and able to treat those who are pregnant and dealing with opioid addiction, holds a Bachelor's Degree in Chemistry and has practiced Family Medicine
- We follow a holistic approach to opioid addiction treatment that include suboxone (buprenorphine)
- Several Counseling approaches to treatment
- Phone counseling sessions and tele video conferencing

A variety of intervention techniques will be utilized to highlight inner strengths, attributes, and resources to help couples and families relate in complementary and constructive manner. These techniques can also strengthen attributes in family members that are underdeveloped and build competencies.

The Goal is to address unresolved transgenerational themes and reduce reactive patterns to help clients remain calm, increase their level of differentiation, and de-triangulate from their family-of-origin. The focus is to discover healthy, optimistic, solution generating stance to increase emotional closeness and to relate in complementary and constructive manners.