



Helping Families Toward Their New Beginning

## **New Beginnings Therapeutic Services**

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Providing In-Home  
Counseling services to at-risk  
youth.

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## What does NBTS provide?

Mental Health clinicians employed by **NBTS** provide in-home counseling services to at-risk youth.

The In-Home clinicians have proper educational credentials; are licensed or actively working with a supervisor to become fully licensed.

Clinicians employed by NBTS have experience in the field as an In-home providers or as other social work professionals that work with at-risk families.

## Clinicians at NBTS have experience in:

- ADHD
- OCD
- PTSD
- ASD (Autism Spectrum Disorder)
- Bipolar disorder
- Depression
- ODD
- Family Problems
- Parenting issues
- Communication Problems
- Anger Management
- Grief/Loss
- Adjustment issues
- Anxiety
- Criminal/Legal issues
- Helping foster children transition into new homes
- Self-esteem/Self-worth issues,
- Academic concerns
- College preparation
- Self-harming thoughts
- Goal setting
- Relationship issues
- Trauma and abuse
- Impulsivity

## Clinicians at NBTS use approaches from:

- Client-Centered Therapy
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Emotionally Focused Therapy (EFT)
- Existential Therapy
- Mindfulness Therapy
- Motivational Interviewing
- Narrative Therapy
- Solution-Focused Therapy
- Trauma-Focused Therapy
- Nurtured Heart Approach
- Gestalt Approach