

# Guided Journey Counseling Center

Find your inner peace.



We are a dedicated team specialized in supporting adolescents to adults with anxiety, depression, mood disorders, PTSD, and OCD. We are trained in ERP, CBT, DBT, ACT, mindfulness, & other integrative/holistic interventions.



When you reach out, we confirm your insurance and connect you with the therapist of your choice. We provide free 15 minute consultation calls. After which, you can decide if you would like to schedule an intake.



We value a collaborative approach towards achieving your goals. Your therapist will co-create a treatment plan with you integrating various modalities that are most supportive for your care.

## Accepted Insurances

Aetna  
Cigna  
United Healthcare  
Horizon Blue Cross Blue Shield  
Optum  
UMR

## You are important! Call or e-mail today.

862-753-5825

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