

About Our Services



“Our client centered therapeutic services are provided by Licensed and Masters level therapists. Trinity Harbor offers each client a private consultation to identify issues and concerns, a comprehensive bio-psychosocial assessment, personalized intervention plan, educational resources, and support.”



Trinity Harbor
Therapeutic Services, Inc.

Location:

Whispering Woods
Executive Offices
7401 Wiles Road, Suite #150

Phone: 954.341.7774

Web: www.TrinityHarbor.Com

E-mail: info@trinityharbor.com

"Hablamos español."



Therapeutic Services, Inc.

Professional

Confidential

Compassionate

Our Services:

- **Individual**
- **Groups**
- **Children / Play**
- **Marital**
- **Elder / Caregiver**

Tel: (954) 341-7774

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Our Services

Individual Therapy at Trinity Harbor focuses on the person, One-on-One assistance which includes examining the person's emotional, behavioral, social, academic/work, and interpersonal relationships and how they affect thoughts and behaviors.

Group Therapy at Trinity Harbor is composed of 3-8 individuals who share commonalities in dealing with specific life stressors. In group therapy the interactions between the members of the group and the therapists become the material with which the therapy is conducted, alongside past experiences and experiences outside the therapeutic group. Each group is facilitated by trained Licensed and or Masters level Clinicians.

Marital Therapy at Trinity Harbor focuses on the marital system. Couples learn how to develop and use coping skills in a positive healthy manner. Marriage partners explore the state of their relationship and learn how to strengthen and proceed with the marital arrangement.

Individual Therapy

Feelings of hopelessness
 Poor concentration
 Low self-esteem
 Low energy or fatigue
 Insomnia or hypersomnia
 Poor appetite or overeating
 Problematic relationships with family members and peers
 Difficulty in school or work
 Impulsive or self destructive behaviors
 Inattention, hyperanxious, or hyperactive (ADHD)
 Adolescent Issues

Group

Parent Support
 Play Therapy
 Adolescent Talk
 Anger Management
 Changing Families
 Bereavement
 Socialization
 Chronic Illness

Marital

Anger
 Controlling Spouse
 Emotionally Distant Spouse
 Parental Legacies Mistrust
 Loss of Employment
 Financial Pressure

Play Therapy

Adjusting to family changes such as separation and divorce
 Making friends
 Excessive anger, fear, sadness, worry & shyness
 Aggression & acting out
 School difficulties
 ADD & ADHD
 Abuse & neglect
 Social adjustment issues
 Sleeping and eating difficulties
 Self concept & self esteem
 Trauma
 Grief & loss
 Physical symptoms without medical cause
 Bonding & Attachment issues
 Foster, adoption & identity issues

Elder

Depression
 Anxiety
 Loss and Grief
 Coping with Illness
 Relationship Problems
 Caregiver Stress
 Adjustment Disorder
 Mood Disorder
 Worthlessness
 Recurrent Agitation
 Unresolved Conflicts Causing Stress

Caregiver

Persistent feelings of guilt or anger
 Cope with changes
 Manage when stress is adversely affecting marriage

Play Therapy is offered for children between the ages (3-10) years. Play therapy is recommended for social skills development, self esteem, self expression and to assist with psychosocial and adjustment difficulties. Individual or Group sessions are offered to children and parents. The licensed or Masters level therapist will facilitate the play sessions based on the Child Centered Play Therapy model with the child.

The Elderly are prone to a number of medical conditions that can greatly impact their daily lives. This period of life may bring anxiety and stress to the elder and their family. Trinity Harbor understands this and our goal is to provide support in dealing with late life issues.

Family Therapy at Trinity Harbor is composed of the individual alone or the individual and their family. Family therapy focuses on the family unit. Family therapy is conducted by a Licensed and or Masters level practitioners. Family therapy involves assessment of the family situation and tools are provided for increasing stability in the family.