



Why Mind Spa for mental health? Well, I am so glad you asked. With Mind Spa, you get the best of everything! We've been around for 7 years, building relationships and making a difference in our community. Our clinical team collaborates every day to find the most effective ways to help our clients. We have therapists who specialize in almost anything you could want or need, and uniquely, we can offer therapy with a faith-based perspective (when requested). Our clients get the full benefit of our dedication and feel the Mind Spa difference from the first phone call.

Who do we work with? Our clients recognize us for our ability to be effective in so many difficult situations! Here is a short list of why people call us to start therapy:

Depression	Anxiety	Traumatic Event	Dating woes	ADHD
Relationship ending	PTSD	Divorcing Family	Phobias	Can't sleep
Trouble in school	Stressed out	Career troubles	Addictions	Fears
Sibling conflict	Self Esteem	Parenting help	Food addictions	Remarrying
Autism	Grief/Loss	Anger problems	Alcohol misuse	Infidelity
Job dissatisfaction	Chronic Pain	Lack of purpose	Child Problems	Emotional mess
Developmental delay	Baby blues	Bad childhood	Past Abuse	Present Abuse
Family Struggles	Hopelessness	Unforgiveness	Family struggle	Sexual Problem
Lack of success	Helplessness	Worthlessness	Racing thoughts	Loss of interest
Bipolar Disorder	Rape	Cutting	DBT skills	Chaotic life
Personality Disorder	Life transitions	Child acting out	Military stress	Suicide thought

How does the money work? Money considerations are important for most people. We do accept all insurances and most we are in-network with. For those that don't have insurance or have very high deductible plans, we offer a cash pay discount on services. Prior to your first appointment, we work with your insurance company to determine what they cover. Let us help navigate the confusing world of insurance billing with you!

How does a person get started? When you contact us about therapy, we get a bit of your information. With that information, our billing department gets going on determining what the finances will look like and our Clinical Director determines who she thinks will be the best fit for you and your struggles. We take great care in how we fit our clients with our therapists.

Mind Spa's Values & Mission. We exist because we know the need exists. Everything we do as a team is to meet our core value of IMPACT. We look to have as big and as meaningful of an impact as we can on individuals, families, marriages, and our community. Sometimes the impact comes through the light in a small child's eyes after they resolved a conflict through their play. Other times the impact is through community education from a workshop or event. It all leads to positive growth, healthy change and IMPACTing our world. Thank you for joining forces with us. We must impact together.

433 E 19th Street, Cheyenne WY 82001
phone 307-509-0772 | fax 307-426-4133
info@mindspace.com | www.mindspace.com

Updated August 2017



What kind of services does Mind Spa offer?

- **Adult Individual Therapy.** Many of life's struggles can be improved through one-on-one work. Adult therapy can take the form of many styles depending on what the problems are.
- **Adolescent Individual Therapy.** Our fundamental purpose is to help improve resilience and health in teens while they are going through the social and developmental challenges. Often this work also includes improving family relationships.
- **Family Therapy.** We know that the family is the most fundamental relationship that shapes who we are and having a stable environment is necessary for emotional stability. We love working with all kinds of families to improve relationships and better the family long term.
- **Child Therapy.** Kids experience most of the same emotions as adults, but they don't have the experience or language to understand or express those feelings. Play therapy uses the child's natural language to express what is going on and to build resilience. Our team can also help you learn how to best play with your children to build your bond with them.
- **Premarital Counseling/Marriage Counseling.** We work with couples that have a broad range of difficulties: from being on the brink of divorce and needing a complete relationship overhaul to relationships that are running fairly well but just in need of general tune-up or fine-tuning in a specific area.
- **Group Therapy:** Group therapy can also be more effective than traditional one-on-one and is also a great addition to intense individual therapy. The following groups will be running this fall:
 - Coping with Chronic Medical Issues Group
 - Chronic Pain Group
 - DBT (Dialectical Behavioral Therapy) Group- skills for changing when you have chronic emotional ups and downs
 - Co-Parenting after Divorce/Separation Group & Workshop- improving parenting skills when parents live in different homes (both parents do not have to be present)
 - Parenting in Blended Families Group- improving parenting strategies to improve cohesion and peace in blended families
- **Family Consultation:** Sometimes families that are already working with a therapist can benefit from an outside consultation with the family and the therapist to get a boost in their progress. Our experienced family therapist is an expert at helping systems made rapid change.
- **Organization Consultation:** It is commonplace for organizations to get stuck in the midst of a conflict. Our expertise with systems allows us to work effectively to help organizations get unstuck and back to fulfilling their mission again.
- **Workshops and Professional Education:** We offer a variety of classes in our community and online that brings education and insight to parents, families, and a variety of professionals.