

## Advance Potential Psychological Services (APPS)

was established to provide quality counseling and therapeutic services for individuals, couples, and groups; chemical dependency treatment support; and treatment for psychiatric disorders.

Services are also available to EAPs, geriatric populations and adolescents. All services are provided in a cost-effective manner to give the greatest benefit to the client.

APPS is committed to providing prompt appointments and accessibility. Virtual services are also available when appropriate. APPS has contract agreements with most insurance companies and managed care companies to provide services to a wide range of clients.

APPS offers a variety of specialties and provides services through Psychiatrists, Psychiatric Mental Health Nurse Practitioners, Psychologists, Licensed Clinical Social Workers, Licensed Marriage and Family Therapists, Licensed Professional Counselors and Chemical Dependency Counselors.

APPS is committed to providing mental health services that promote positive outcomes. APPS clinicians are committed to providing positive customer service to those who seek help during difficult times, when it is most important to know that a caring, professional clinician is available to meet your needs.

### Counseling and Therapeutic Services offered:

- Academic Assessment
- ADD/ADHD
- Addictions
- Anger Management
- Anxiety/Fears/Phobias
- Bipolar Disorder
- Chemical Dependency
- Child and Adolescent Therapy
- Chronic Pain
- Cognitive Behavioral Therapy (CBT)
- Crisis Intervention
- Divorce
- Eating Disorders
- Educational Consulting
- Family Therapy
- Geriatric Psychological Services
- Grief and Loss
- Health Issues
- Individual Therapy
- Male Leadership Development Program for Adolescents
- Mood Disorders/Depression
- Obsessive-Compulsive Disorder
- Parenting Issues
- Postpartum Depression
- Premarital Counseling
- PTSD – Post Traumatic Stress Disorder
- Sexual Dysfunction
- Stress Management
- Male Focused Support Groups
- Women Focused Support Groups
- School Focused Support Groups
  - Anger Management
  - Conflict Resolution
  - Stress Management
  - Violence Prevention/Intervention

### Academic Assessment

Academic assessments for children and continuing education for adults: psycho-educational evaluations to help schools determine eligibility for special education services; educational readiness evaluations for private schools to determine admissions; academic and cognitive testing to determine eligibility for/ entrance into special/ gifted programs and camps; adult psycho-educational examination to provide diagnostic information and goals for amelioration and/or treatment.

### School-Based Intervention

Clinically-based, trauma-informed specialty programs to address issues that are preventing students from successfully engaging in their education. Interventions can address chronic or on-going situations; may be integrated into the class schedule or may be held in the school outside of school hours.

### Support Groups

You are never alone and don't have to face your challenges alone. Support groups are a place for people to give and receive emotional and practical support, and to exchange helpful information and resources.

- Male-Focused
- Women-Focused
- Sexual Abuse Survivors
- Parent Support Groups (Teen or Adult Parents)
- Bullying
- Academic Achievement

### Substance Abuse Counseling

Do you ever feel guilty following heavy drinking/drug use? Do you drink or use drugs to help you unwind after work? Have you ever thought about cutting down on your alcohol/drug consumption? People often believe their alcohol/drug usage is under control until something bad happens, such as a DUI or hospitalization.

### Geriatric Psychological Services

Psychological services are provided for seniors living in nursing homes, assisted living facilities, and in their homes. These psychological services address depression, loss and grief, adjusting to new roles and dependence, and anxiety-related problems. Psychological services are also offered to family members as they provide support for their loved ones.

- Achieve optimal residual skills and abilities
- Reduce psychological isolation that results from the trauma of separation from one's previous independent and autonomous life.

## Corporate Executive Services



## Wellness Programs

APPS provides companies and human resource departments with support for implementing corporate wellness programs through providing workshops, counseling, support groups, and psycho-education to help meet your company's health goals.

### Workshops:

- Its Not What You're Eating, But What's Eating You
- The Hurried Person Syndrome
- Creating Healthy Relationships
- What Can I Do With My Anger
- Nutrition and You — Making It Work
- Stress Reduction Through Mindfulness

## Executive Seminars and Workshops

### Workshops:

- Communication Skills and Strategies
- Conflict Resolution in the Workplace
- Team Building Through High/Low Ropes Courses
- Cultural Diversity Training

We can also work with your group to create a customized workshop / training that suits your unique group.

[www.AdvancePotential.com](http://www.AdvancePotential.com)

# Advance Potential

PSYCHOLOGICAL SERVICES

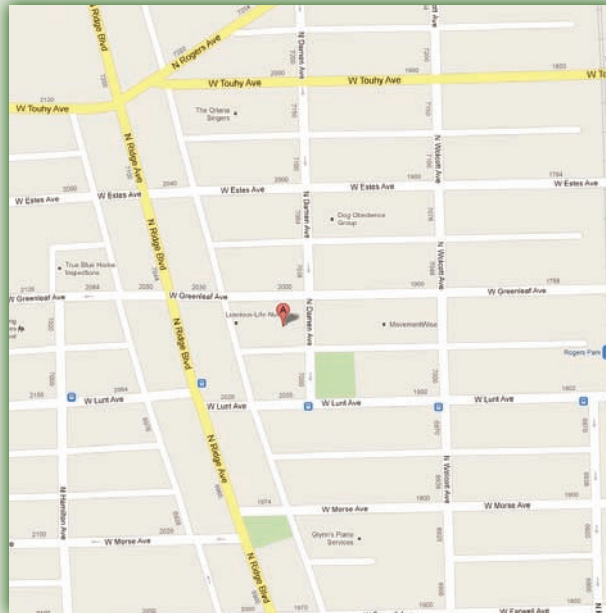
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Convenient daytime, evening, and Saturday hours are available to fit your schedule. You can usually arrange to have your first appointment within one week. And, we can work together to review the terms of your insurance, which may cover the cost of counseling.



Accepting these major credit cards:



Accepting most insurance, including:

Blue Cross/Blue Shield PPO/HMO  
Aetna  
Cigna  
IlliniCare  
Medicare Part B  
Medicaid (WellCare/Harmony Network)  
and others

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# Advance Potential

PSYCHOLOGICAL SERVICES

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## PSYCHOLOGICAL SOLUTIONS

Individual Counseling  
Family/Parenting Counseling  
Couples Counseling  
Group Counseling  
Support Groups

Chemical Dependency Treatment Support  
Geriatric Psychological Services

School-Based Intervention and Academic Assessments

All services are available to Employee Assistance Programs - EAPs