

OTHER SERVICES PROVIDED:

- **Outpatient Therapy Services**
 - Occupational Therapy, Physical Therapy, Speech Language Pathology
 - Dickinson, Killdeer & Richardton
- **Occupational Health Services**
 - Drug & Alcohol Testing – DOT / Non-DOT
 - Hair Follicle
 - Physical Ability Test / Pre-Work Screen
 - Hearing Test / Hearing Conservation Program
 - DOT Physicals
 - Pulmonary Fit Testing
 - Respirator Fit Testing
 - Program Development
- **Long-Term Care Services**
- **Athletic Training / Sports Medicine**
 - FMS Program
 - (Injury Prevention Movement Program)

*If interested in any of our other services,
please visit our website at
www.therapy-solutions.net
or request a brochure.*

THREE CONVENIENT LOCATIONS

Dickinson

Killdeer

Richardton

Offering Telehealth Services

Specialities

Faith Based Counseling
Anxiety
Depression
Couples' Counseling
Post-Traumatic Stress
Grief & Loss
Adolescent Issues
Attention Deficit Disorder
Family Counseling
Stress Management
Workplace Issues
Trauma Therapy
EMDR
Spanish-Speaking Counseling
Telehealth

Therapy Solutions
TAKE YOUR LIFE BACK.



therapy-solutions.net

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701.483.1000

1679 6th Ave West, Dickinson, ND 58601

Also serving Killdeer and Richardton

Therapy Solutions
TAKE YOUR LIFE BACK.

Counseling Services

Therapy Solutions.

To the people who enter our door:

Our name evokes help and healing.

Life brings losses.

Small and big. Physical and emotional.

An accident, stroke or loss of a dream.

Therapy Solutions brings hope,
confidence and a plan to heal.



ABOUT US

Therapy Solutions is a locally owned clinic. We provide mental health counseling as well as physical, occupational, and speech therapy and athletic training, long-term care services, and occupational health. Through all these services, we strive to bring hope and healing to our community. We offer English and Spanish speaking counseling. We strive to meet our clients where they are at and to offer the best quality of care. We wish to be an inviting presence in our community and to our clients. At Therapy Solutions, we believe in the inherent dignity and worth of everyone who walks through our doors, as we give you hope and healing so you will be able to "Take Your Life Back."



Models Used

Cognitive Behavioral Therapy (CBT)
Trauma Focused Therapy (TF-CBT)
Family Systems Model
Faith Based Therapy
Motivational Therapy
EMDR
Bal-A-Vis-X Techniques
Play Therapy Techniques
Internal Family Services (IFS)

How to become our client

Contact us at 701.483.1000 to make an appointment. Depending on your insurance you may need a referral from your PCP. It is best to contact your insurance provider to inquire if a referral is needed for mental health counseling services.

If a referral is needed, contact your PCP and request a referral to Therapy Solutions.

Cancellations and Missed Appointments

Due to the high demand for services offered by Therapy Solutions' Mental Health Counseling Services, missed appointments result in lost opportunities for our therapists to work with other clients who might need help. If you are unable to keep your appointment, please call to cancel at least 8 hours in advance.

Confidentiality

Therapy Solutions' therapists abide by all laws and professional ethics concerning confidentiality. If we are counseling children or minors, general confidentiality ethics apply. In cases of counseling minors, all parties involved may have a discussion regarding confidentiality.

Insurance

Therapy Solutions is in-network with most major health insurance plans including Medicare.

We also accept the majority of employee assistant programs (EAP). Check with your human resource department or call your EAP directly before making an appointment.

Why choose Therapy Solutions?

- Locally owned and operated
- Patients will receive the latest therapy intervention techniques and treatment
- Continuity of care is provided to all patients by seeing the same therapist every visit
- Our therapists work as a team to provide the best treatment plan
- At Therapy Solutions our therapists strive to help strengthen and support you on your journey.

TESTIMONIES

"My son really trusted Russ and learned a lot in a short time."

"I learned so much with Russ about how I am and how I can cope when things irritate me."

"Jen is really great and the skills she taught me will help me in the future."

"Brenda helped me understand why I feel the way I do and how to cope with those feelings. I learned a lot and felt a lot better in just a few sessions."

"Brenda gave me so many tools. She was a pivotal point to my healing. I appreciate her honesty."