

Individual Therapy

ASAP offers Individual Therapy services for teens and their families.

Individual therapy is a partnership between the client and the therapist. Teens and their families work with a trained ASAP professional to explore and identify problem behaviors, establish goals for change, and work toward completing these goals. Therapy is a responsive service that is adapted to the changing needs of the client. Through specific interventions, therapy helps clients to become more skilled at managing life.

Teens are encouraged to build a clearer understanding of how their emotions, behaviors, personality, and environmental triggers play a role in their difficulties. Clients are also encouraged to identify thoughts, beliefs and perceptions that have a direct impact on their emotional states.

A recommendation for individual counseling at ASAP may occur after the [assessment](#), during treatment, or after completion of IOP treatment. It is generally recommended for one of three reasons:

1. The results of the assessment indicate that IOP treatment is not recommended, however the clinician suggests individual treatment for a mental or behavioral health problem may be beneficial.
2. During, or at the conclusion of, IOP treatment the clinical staff believes that a teen's mental or behavioral health issues warrant further treatment.
3. The teen is unlikely to benefit from group therapy due to individual factors.

Finding the right fit for individual therapy.

ASAP focuses on helping teens and their parent(s) find the best treatment options and offers both ASAP clinicians and outside providers as options for individual therapy. Should you request an external referral, ASAP clinical staff will assist you and your teen to find a good fit. Referrals are made based on a variety of factors including: presenting issues, convenience of treatment options, insurance coverage, and clinical expertise of the referral source.