

Why should I come to Therapy?

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At

**Luzio & Associates
Behavioral Services**

**See videos and access
links that offer more
information on mental
health.**

GROUPS!

Life Hacks: Boys Edition/ Every
other Wednesday @
5:00pm/Middle School boys

Girl Power/ Every other Monday
@ 5:30pm/Middle School girls

Girl Talk/ Every other Wednesday
@ 5:15pm/High School girls

Self-Care isn't Selfish/ Every
other Tuesday @ 5:00pm/Anyone
over the age of 18

**Parenting Unplugged: The Luzio
Way/**Fourth Wednesday of each
month 5:00-6:15pm/one session
group parenting program \$15 per
person/Insurance not accepted

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Who is Therapy for?

Anyone can benefit from therapy, no matter your age, race, ethnicity or gender. Therapy can be beneficial to those struggling with a wide range of disorders, such as; eating disorders, depression, anxiety, and bipolar disorder. It can also be beneficial to those seeking guidance in their marriage or relationships. Therapy can be a safe place for students, children, and for caregivers. Therapy can be a space to be open and talk with someone about a stressor or a struggle you may be currently facing or have faced in the past.

From Luzio website: **We strive to provide the most effective interventions. Therefore, our clinical staff consists of psychologists and therapists with a broad range of training and expertise. In addition to traditional psychological therapies, we provide multiple formal assessments as well as services designed to assist businesses with employee selection and health.**

Benefits of Therapy:

- Therapy can help you identify and express emotions from problems or stressors.
- You can develop new or strengthen current coping strategies and skills.
- Therapy promotes positive self-esteem, positive self-talk, and identifies strengths within you.
- You can create different ways of thinking or new perspectives to current problems or stressors.
- You can work to improve or strengthen relationships with your significant other, children, friends, co-workers and family members.
- It is a safe and trusting environment to talk and confide in others.

**“It’s up to you today to start making
healthy choices. Not choices that are just
healthy for your body, but healthy for your
mind.”— Steve Maraboli**