

## Our Promise to You...

At Transitions Counseling you will always be treated with compassion, dignity, and respect. We provide a safe and nurturing environment for our clients and their families. Our programs are designed with you in mind, each piece tailored and customized to meet your individual needs. Your care is our number one priority.



Arrowhead Location:  
7155 West Bell Road, C-120  
Glendale, Arizona 85308

Coming Soon: Paradise Valley Location:  
16620 North 40th Street, G1 & G4  
Phoenix, Arizona 85032

Phone: (602) 363-0629  
Fax: (480) 247-4179  
Website: [www.transitionscounselingandconsult.com](http://www.transitionscounselingandconsult.com)

*Transitions Counseling  
and Consulting*

## *First Responder Support Services*



Providing a Safe and Confidential  
Environment to Support First  
Responders and Their Families

**(602) 363-0629**

# Transitions Counseling Services

Transitions Counseling and Consulting offers a full spectrum of counseling and support services to meet the needs of first responders and their families.

## Programs:

### Stress Resilience & Support Program

This intensive program focuses on helping first responders build resiliency, assists in acquiring and practicing distress tolerance skills, and strengthening their understanding of post-traumatic stress and compassion fatigue.

### Weekly Distress Tolerance Group for First Responders

This 90 minute group meets 1X per week and is limited to first responders. The focus is on increasing tolerance related to stress in both professional and personal environments. Participants will learn tools to help manage challenging situations on the job and at home.

### Family Support Group

This 90 minute group meets 3X per month and focuses on addressing issues unique to family members of first responders. Participants will learn about concepts such as PTSD education, building healthy relationships, effective communication skills, and establishing and maintaining a healthy boundary system. For those who have a family member currently in the Intensive program, 1X per month they will participate in a family conjoint group with their loved one.

### Adolescent Intensive Outpatient Program

This program focuses on helping adolescents (ages 11-17) develop and practice distress tolerance and emotional regulation skills. Participants in this program are typically struggling with one or more of the following: anxiety, depression, peer and/or family conflict, self-esteem issues, and at times self-harm thoughts and/or behaviors. Our curriculum is based on Dialectical Behavioral Therapy (DBT) and Cognitive-Behavioral Therapy (CBT).

### Individual Counseling Services

Transitions also offers individual counseling services to address the needs of first responders and their families. We work with individuals of all ages.

## Our Staff:

Our clinical staff are Licensed Counselors who specialize in the treatment of trauma and PTSD and are experienced in working with First Responders. Not only do our staff have the qualifications and experience in working with trauma and first responders, but they are extremely passionate about the work that they do. Each staff member has identified this area of work as their calling and because of this sense of purpose, they are incredibly dedicated to each individual they work with.

## Insurance:

Transitions Counseling is contracted with the following insurance companies:

- Blue Cross Blue Shield
- Cigna
- United Healthcare
- PSCS EAP
- Out of Network Billing for other insurance companies

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