

## QUESTIONS ABOUT THERAPY

### Is therapy right for me?

Seeking out therapy is an individual choice. There are many reasons why people come to therapy. Sometimes it is to deal with long-standing psychological issues, or problems with anxiety or depression. Other times it is in response to unexpected changes in one's life such as a divorce or work transition. Many seek the advice of a counselor as they pursue their own personal exploration and growth. Working with a therapist can help provide insight, support, and new strategies for all types of life challenges.

### What is therapy like?

Every therapy session is unique and caters to each individual and their specific goals. It is standard for therapists to discuss the primary issues and concerns in your life during therapy sessions. It is common to schedule a series of sessions, where each session lasts around fifty minutes. Therapy can be short-term, focusing on a specific issue, or longer-term, addressing more complex issues or ongoing personal growth. There may be times when you are asked to take certain actions outside of the therapy sessions, such as reading a relevant book or keeping records to track certain behaviors.

### Will my insurance cover therapy?

We accept a majority of insurance companies in Central Wisconsin, including many plans with Badgercare and Medicaid. However, some insurance companies are excluded or exclude some of our therapists. It is important for you to contact your insurance carrier to find out about your benefits and coverage.

## OUR HISTORY

After 12 years of professional experience elsewhere, Steve Johnson established Advocate Psychotherapy Services in 2012 to help people *Find What's Missing.*

The agency has been a State Certified Mental Health Clinic since 2014.

## CONTACT US

Serving all of Central Wisconsin via our main office in Stevens Point and our multiple school and branch offices.

[www.APS.clinic](http://www.APS.clinic)

**Toll-Free: 1-800-681-2374**

## WHAT WE OFFER

At Advocate Psychotherapy Services, we can help children, teens, adults, couples and families with:

- Addictions and Anger
- Child and Teen Development Challenges
- Communication and Conflict Concerns
- Faith Based and Self Worth Concerns
- Impact of Grief, Loss, Health and Divorce
- Parenting and Relationship Challenges
- School, Social and Personal Direction Issues
- Various Mood Difficulties
- And More.....



# ADVOCATE PSYCHOTHERAPY SERVICES

We offer  
**compassionate,  
understanding, real  
strategies, and effective  
techniques to enact  
*positive and lasting  
changes in your life.***