## How do I start the counseling process?

Let the front desk know you are interested in receiving a free counseling consultation. Once you meet with one of our counselors, the front desk will be able to set up on-going appointments with our counseling department.

## Questions? Let us answer them!

Visit our website to schedule a tour or give us a call.

# LOCATIONS

## Dallas Area:

900 Junction Drive, Allen, TX 75013
Office: 469.675.3153 Fax: 469.675.3154
Email: info@ceptherapy.com

## Fort Worth Area:

2501 N. Walnut Creek Drive, Mansfield, TX 76063
Office: 817.752.9662 Fax: 682.400.8251
Email: info_mansfield@ceptherapy.com

Scan to view all our brochures!

# Counseling

CUTTING EDGE
PEDIATRIC & ADULT THERAPY

cuttingedgepediatrictherapy.com

# Mental Health Fact Sheet

32.9% of individuals with disabilities report frequent mental distress.

**3 out of 4** children on the spectrum have <u>at least</u> one comorbid mental health condition.

Individuals with Autism are nearly **four times** as likely to die by suicide as compared to individuals without Autism.

## Areas commonly addressed:

- ADHD/Focus
- Anger Management
- Boundaries
- Coping Skills [Anxiety/Depression]
- Emotional Regulation
- Executive Functioning
- Identity Development
- Impulse Control/Self-Control
- Overcoming Fears
- Self-Acceptance
- Self-Advocacy
- Self-Esteem
- Social Skills
- Sibling support
- Trauma

**If you or your child are concerned with any of the above areas, Cutting Edge counseling can help!**

## What qualifies you for counseling?

You do NOT need an official mental health diagnosis to receive counseling services. However, the counseling department at Cutting Edge specializes in working with clients with neurodivergence and their families.

Our counselors have experience with various diagnoses, including but not limited to ADHD, Autism, OCD, Conduct Disorder (CD), Oppositional Defiance Disorder (ODD), Anxiety, and Depression.

## What Sets us apart:

Our counselors work closely with other therapy disciplines to ensure unified goals and a seamless treatment experience. We offer collaboration when appropriate, maximizing each client's success and making things easier for families.

At Cutting Edge, counseling may take place in traditional one-on-one sessions, or in functional environments such as our gym, apartment, or even our on-site coffee shop, Spencer's Java Jam. These settings allow for real-life emotional learning, whether that's practicing social communication, managing transitions, or navigating stress in everyday activities.

Our counselors utilize neuro-affirming practices, while offering a wide range of therapeutic interventions tailored to each client's unique needs, strengths, and developmental stage. Depending on what best suits the individual, our counselors may incorporate approaches such as Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Person-Centered Therapy, or Play Therapy, etc.