

# Our Values

Our highly skilled clinicians embody values that center on caring and empowering people. These values are the foundation of Innerspace Counseling and they lay the path for your journey toward holistic wellness.

- |                     |                    |
|---------------------|--------------------|
| We EMPOWER          | We CARE            |
| <b>E</b> mpowering  | <b>C</b> aring     |
| <b>M</b> otivating  | <b>A</b> ttentive  |
| <b>P</b> ositive    | <b>R</b> espectful |
| <b>O</b> bservant   | <b>E</b> mpathetic |
| <b>W</b> elcoming   |                    |
| <b>E</b> ncouraging |                    |
| <b>R</b> esponsive  |                    |



## Insurance

Innerspace Counseling is in network with most major insurance including:

- Aetna
  - Amerihealth
  - Anthem
  - Beacon
  - BC/BS
  - Cigna\*
  - GHI
  - Horizon
  - Magellan
- Multiplan
  - Optum
  - Oxford
  - Qual Care
  - UHC Student Resources
  - United
  - UMR
  - Value Options

\*We accept out of network benefits



## Contact Us

2433 Route 516, Suite D  
 Old Bridge, NJ 08857  
 Phone: 732-332-8270  
 Fax: 732-862-1146

[inquiries@innerspacecounseling.com](mailto:inquiries@innerspacecounseling.com)  
[www.InnerspaceCounseling.com](http://www.InnerspaceCounseling.com)



New Jersey's Premiere  
 Intensive Mental Health  
 Program Specialist

Intensive Outpatient &  
 Partial Care Programs for  
 Youth, Teens, & Adults

732-332-8270

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## We Treat:

- ADHD
- Anger Issues
- Anxiety
- Bipolar Disorder
- Depression
- Grief
- Mood Disorders
- Obsessive Compulsive Disorder
- School Refusal & Poor Performance
- Self-Harm Behaviors
- Social Conflicts
- Stress & PTSD
- Substance Use Disorder (Co-occurring Only)
- Suicidal Ideation

## Our Approach

Our elite team of board certified psychiatrists and master's level mental health clinicians provide high quality, individualized care that creates lasting change during and after treatment.

Our mission is to achieve holistic wellness for all. We provide care and empowerment coupled with a systems based, collaborative approach that provides balance to the lives of our clients for long term wellness.



"The therapists saved my life."  
-from a Patient Survey



## Our Services

### Intensive Outpatient Programs

Youth & Teen IOP meets M, W, TH 4 PM - 6 PM

Adult IOP is a flex schedule M-F 10 AM - 1 PM

- Youth IOP (8-11 years old)
- Teen IOP (12-17 years old)
- Adult IOP

### Partial Care Programs

All PHP meet M-F 10 AM - 3:30 PM

- Teen PHP (12-17 years old)
- Adult PHP

### Programs Include:

- Individualized Assessment & Treatment Plan with Master's Level Clinicians and Board Certified Psychiatrists
- Individual Counseling
- Group Therapy
- Medication Management
- Family Sessions
- Dialectical Behavior Therapy (DBT)