

who
we
are

With 18 years experience in working with clients struggling socially, emotionally or behaviorally.

We are all board certified and trained clinicians educated in a variety of treatment modalities to offer the right level of care for you or your child.

Whether struggling with, grief and loss, aggression, anxiety, depression, a life transition or struggling with sexual identity and are in need of support we are able to provide the level of care to increase self esteem, self worth and overall improvement of mental wellness.

Accepting most insurance plans and private pay options are available.



INNERSIGHT
LLC
PRIVATE PRACTICE MENTAL HEALTH COUNSELING

“Investing in yourself is the best investment you will ever make. It will not only improve your life, it will improve the lives all around you.”
-Robin S. Sharma

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Greensburg, PA 15601

www.innersightllc.com

To Schedule:

innersightwellnesscenter@gmail.com

or

724-689-6118



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PRIVATE PRACTICE MENTAL HEALTH COUNSELING

**Welcome and Thank You
for choosing Innersight for
your mental health
counseling services!**



“Sometimes the smallest step in the right direction ends up being the biggest step in your life!”



Individual, group and family counseling.

We work with a wide range of diagnosis including but not limited to:

- Depression
- Anxiety
- ADHD
- Autism
- Adjustment Disorder
- PTSD (with a TF-CBT certified therapist)
- ODD

We provide an intake assessment with an individualized treatment plan targeting your treatment goals.

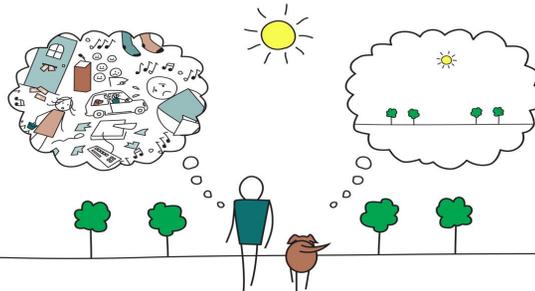
Providing consultation and support for students with an IEP or 504 to identify modifications to support educational success.

YouGa

us for a 12 week group curriculum focussing on mindfulness and stress reduction. You will be guided through your wellness journey by Sarah Lawrence, Yoga Instructor and Emily Pittman, LCSW. Sessions will focus on learning how to incorporate yoga, deep breathing, guided visualization and relaxation techniques to decrease anxiety, depression and help center your mental health.

We are excited to introduce yoga incorporated psychotherapy group! Join

All yoga mats, towels and water will be provided.



Mind Full, or Mindful?

Services that we offer...

- Individual Therapy
- Family Therapy
- Group Therapy
- Trauma Focussed Therapy
- Assessments
- Evaluations
- Trained and certified therapy dog
- Medication Management
- Visitor Reports
- Curriculums for school districts
- IEP and 504 Supports