



HBH Counseling

**Mental Health
Substance Use
Addictive Behaviors
Relationships**

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Define Your Journey...

HBH Counseling offers individual, group, couples, and family therapy custom tailored to your unique situation and needs.

Empower Yourself...

Using evidence based methods that promote self-empowerment we collaborate with you to create a truly personalized treatment program to help you take the next steps toward a fulfilling life.

Transform Your Life...

We keep our groups small – between 6 and 12 participants per group - so you can receive the personal attention that you deserve.

The Better Alternative Program Adult Mental Health, Trauma, and Substance Use

Dialectical Behavioral Therapy Group (DBT)

Dialectical Behavioral Therapy (DBT) is an evidenced based treatment shown to be effective in reducing suicidal behavior, non-suicidal self-injury, psychiatric hospitalizations, treatment drop out, substance use, anger, and depression as well as improving social and global functioning. Combining cognitive behavioral techniques for emotion regulation and reality testing with concepts of distress tolerance, acceptance, and mindfulness, the DBT Skills Group provides a supportive environment for individuals to learn and practice the skills necessary to lead a healthy and fulfilling life.

Your participation in this group may be covered by insurance. Interested participants are required to be in individual therapy while participating in the group.

Relapse Prevention Group

The Relapse Prevention Group is intended for individuals who have completed initial treatment for substance use and other addictive behaviors (inpatient or outpatient) and are motivated and willing to make the lifestyle changes necessary to support their well-being and recovery. Building on the skills and information you learned in treatment we will explore various relapse prevention techniques and ideas such as Rational Emotive Behavior Therapy, Mindfulness-Based Relapse Prevention, Stages of Change, and Motivational Enhancement Therapy. You will have the opportunity to learn about, practice, and choose what works best for you.

Your participation in this group may be covered by insurance.

H.O.P.E.

Helping Others through Positive Engagement

Many people struggling with substance abuse identify their family and friends as being the strongest influence when deciding to enter treatment. HBH Counseling recognizes you, as the concerned significant other, to be a positive and active force for change within your family. Utilizing the evidence-based techniques of CRAFT, Motivational Interviewing, and behavioral principles of reinforcement, The HOPE Program will help you develop the skills necessary to improve your relationship with your substance-abusing loved one and encourage that person to seek treatment to reduce or end their substance use. You are a crucial collaborator in the treatment process, and through participation in The HOPE Program, you will learn how to bring about powerful change while also enhancing the quality of your own life.

Your participation in this group may be covered by insurance.

HBH Counseling, LLC welcomes clients of all ages, races, belief systems (spiritual, religious, or secular), gender, and sexual orientation.

Anxiety Management Group

The Anxiety Management Group is designed to provide a comprehensive approach to reducing anxiety in daily life as well as managing ongoing stressors. Participants will be educated about the symptoms of anxiety, causes and contributing factors, as well as the definitions of a variety of anxiety disorders. Behavioral coping skills as well as cognitive restructuring to change unhelpful thoughts will be learned and practiced ongoing. Topics such as relaxation, mindfulness, self-care, assertiveness, time management, health and wellness, self-talk will be explored. Group provides a supportive environment for individuals to learn and practice the skills necessary to lead a calm and productive life.

Your participation in this group may be covered by insurance.

SMART Recovery

A Free Mutual Support Group

SMART Recovery is an abstinence focused, self-empowering, mutual support group based on the latest scientific research about techniques that help individuals achieve a healthy lifestyle free from addictive behaviors. This meeting is for individuals engaging in addictive behaviors of any type - alcohol, drugs, gambling, sex, pornography, cyber, shopping, etc. The meeting is free but donations are welcome to defray the cost of the meeting.

SMART Family & Friends

A Free Mutual Support Group

Using the science based methods of SMART Recovery and CRAFT (Community Reinforcement and Family Training), the Family & Friends program explores ways that participants can look after themselves better and establish healthier relationships with loved ones who are engaging in addictive behaviors. The meeting is free but donations are welcome to defray the cost of the meeting.

Managing Anxiety, Depression, and Anger utilizing Rational Emotive Behavioral Therapy

What if you could create a new version of yourself? How would you be thinking, feeling and acting differently? How would your life be different if you could think differently about yourself, others, and the world around you? What if you could manage your feelings of depression, anxiety and anger in an effective way? What if you could overcome self-defeating behaviors such as isolation, avoidance, procrastination, aggressive communication, and obsessive overthinking? What if you could begin your transformation today? Would you be interested in learning how? Would you be willing to give it a try?

By learning, developing and utilizing skills from Rational Emotive Behavioral Therapy, you can learn how to identify the irrational thinking and self-defeating behaviors connected to your feelings of depression, anxiety and anger. Once identified, you can learn in time how to modify these thoughts, feelings, and behaviors and learn how to create healthy rational alternatives towards your problems. Through practice and hard work of these skills, a new way of thinking, feeling, and acting can become the foundation to assist you in reaching your personal goals!

Your participation in this group may be covered by insurance.

Eating Disorders Aftercare Group

Recovery from an eating disorder can feel isolating and lonely in a culture that is immersed in dieting and exercise fads. The Eating Disorders Aftercare Group is intended for individuals who have completed initial treatment for an eating disorder (inpatient or outpatient) and are motivated to continue building on recovery skills. This group will meet weekly to provide support to one another throughout the recovery process in a safe environment. Group members will have the opportunity to share their personal struggles and triumphs, while relating to the experiences of others in the group. Topics discussed in group may include improving self-worth, maintaining a healthy internal locus of control, adjusting to body changes, developing personal identity, regulating emotions, and managing relationships.

Your participation in this group may be covered by insurance.

HBH Counseling accepts all commercial insurance plans and offers reasonable out of pocket fees.

To schedule a comprehensive intake call (732) 477-0862 Ext 101 or email info@hbhcounseling.com

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