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## **Rio Rancho Family Counseling Center**

At the Rio Rancho Family Counseling Center all clinicians use a person-centered approach from a systemic perspective. Your gender, sexuality, age, social situation, family dynamics, birth order, and such are all considered in the therapy with their impact on you in the past and in your present life. The use of cognitive behavioral techniques work especially well, we have found, for mild to moderate behaviorally based issues such as panic attacks. The addition of ‘parts work’, which refers to one’s inner thoughts, feelings, and beliefs, of the Internal Family Systems approach, can be a source which taps one’s deeper strengths as present and past conflicts are resolved.

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### **Details**

**Ages:** All ages

**Genders:** All

**Intake Process:** Appointment Necessary

**Payment Options:** Private Insurance Sliding scale

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### **Services**

Behavioral Health Assessment & Treatment

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### **Locations**

#### **AMREP Building**

*333 Rio Rancho Drive NE, Suite 200  
Rio Rancho, NM 87124*

**Phone:** (505) 814-1460

**Hours:** Monday through Thursday 9am - 7pm Friday 9am - 5pm

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### **Parent Organization**

#### **Rio Rancho Family Counseling LLC**

The “client centered” viewpoint used at the Rio Rancho Family Counseling Center is very positive, compassionate, gentle, and caring. Clients feel heard, and validated, and acknowledged by someone whose focus is understanding them and where they come from, a person who guides them to negotiate a new, improved, and smoother path and an easier life journey their own way.

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***Phone:*** (505) 814-1460

***Type:*** Forprofit

<http://rioranchofamilycounseling.com/>