



SHARE new mexico™

Adolescent and Young Adult Life Skills

At True Self Counseling, helping teenagers improve their well-being isn't just our top priority—it is our only priority.

We offer individual therapy sessions, group and family therapy sessions.

Methods utilized at True Self Counseling include the following:

- Mindfulness-Based Cognitive Therapy
- Cognitive Behavioral Therapy
- Trauma-Informed Therapy
- Dialectical Behavior Therapy
- Acceptance and Commitment Therapy
- Multisystemic and Family Therapy

Details

Ages: Teen Adults

Races: All

Genders: All

Intake Process: Call Email Online Application

Documentation: No identification needed

Payment Options: Fee for service Private Insurance

Special Needs: Behavioral health or substance abuse

Waiting List: Sometimes

Minimum Age: 13

Contact: Suzanne Thornberry LCSW CCM

Contact Email: Admin@TrueSelfABQ.com

Capacity: 8-10

Services

Outpatient Behavioral Health Facilities

Locations

True Self Counseling

*2900 Louisiana Blvd NE, Suite J1
Albuquerque, NM 87110*

Phone: (505) 639-5772

Fax: (505) 639-5780

Hours: Mon - Friday 9:00am to 6:00pm

Languages Spoken: English

Geographic Area Served: Bernalillo County Sandoval County Torrance County Valencia County

Parent Organization

True Self Counseling

We provide adolescents with a safe space for growth, development, and healing. Teen mental health issues can be caused by a variety of factors: trauma, biological predisposition, environmental factors at home or in school, and so forth. We deeply understand the need for a thorough clinical evaluation and personalized treatment planning to ensure a successful long-term impact. Our clinically trained staff treats the whole person using customized, tailored strategies for teens struggling with depression, anxiety, bipolar and other mood disorders. We also treat subsequent secondary destructive behaviors like self-harm, substance abuse, and eating disorders.

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Mailing:

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Type: Forprofit

EIN: 26-0745445

<http://www.trueselfcounseling.org>