



## 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

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## 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

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## Services

Outpatient Behavioral Health Facilities

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## 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

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## 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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**Phone:** (505) 639-5772

**Fax:** (505) 639-5780

**Primary Contact:** Suzanne Thornberry

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**Type:** Forprofit

**EIN:** 26-0745445

<http://www.trueselfcounseling.org>