

The Power Of Psychotherapy



At Roots Behavioral Health, a Hightop Health clinic, we believe in the transformative potential of psychotherapy. Our team of compassionate and skilled therapists provides evidence-based, personalized, and collaborative care tailored to help patients navigate life's challenges, build resilience, and achieve their goals.

What Is Psychotherapy And Who Can Benefit?

Psychotherapy, or talk therapy, is a treatment method that involves talking with a mental health professional to address and manage emotional difficulties, behavioral issues, and mental disorders. It aims to improve well-being and mental health through various therapeutic techniques. And it isn't just for those facing mental health crises. It can be a powerful tool for anyone striving to improve their quality of life.

Our experienced therapists can help with:

Depression And Anxiety

Many individuals experiencing a loss of interest in things they once enjoyed, sadness, worry, a sense of worthlessness or guilt, sleep problems, appetite changes, poor concentration, and even cognitive slowing and dullness related to their mood can benefit from evidence-based psychotherapies such as CBT. CBT helps individuals better understand that thoughts, feelings, and behaviors are inextricably linked and may be leveraged to improve one's mood, social relationships, cognition, and functionality. CBT has been shown to significantly reduce symptoms of depression and anxiety disorders.

Obsessive-Compulsive Disorder (OCD)

Patients managing obsessive thoughts or acting compulsively to control them may benefit from exposure and response prevention (ERP) therapy in addition to medications. ERP can be extremely beneficial for patients with OCD who haven't satisfactorily improved with other forms of psychotherapy.

Life Transitions

Major changes, such as moving, career shifts, or becoming a parent, can feel overwhelming. Psychodynamic psychotherapy provides a space to process these transitions, identify patterns of behaviors, and effectively adapt to new circumstances.

Relationship Challenges

Our relational-focused approaches may help patients navigate relationship dynamics, improve communication skills, and foster healthier connections with others.

Self-Esteem And Personal Growth

Supportive and dynamic psychotherapies can help individuals build confidence, clarify values, and unlock their potential, especially while they are not in a state of crisis or despair. Engaging in psychotherapy when someone is well might be the ideal time to make the most progress in life!



What Sets Us Apart?

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Directive Therapies For Lasting Change

Our therapists specialize in directive therapies, like cognitive behavioral therapy (CBT), motivational interviewing, exposure and response prevention therapy, solution-focused therapy, and psychodynamic therapy. These approaches have been shown to be highly effective in addressing a variety of mental health concerns, including depression, anxiety, obsessive-compulsive disorder (OCD), and more. Unlike non-directive therapies, directive approaches focus on skills-building, problem-solving, and actionable steps to foster long-term improvements in well-being—and less attention on how someone ended up in their current situation.

Novel Treatment Approaches

For patients receiving ketamine therapy, we also offer ketamine-assisted psychotherapy (KAP). This innovative approach may help patients process and integrate their experiences during ketamine treatments in a safe, supportive environment with the option of discussing the potentially dissociative experience itself. Unlike traditional psychotherapy, integration therapy is a novel and experiential treatment plan that focuses on the individual's personal experiences as a potential pathway to developing insight and additional self-awareness.

An Integrated Team

We believe in the power of collaboration. Our therapists work closely with our medical providers to ensure that patients who choose combined therapy receive comprehensive, coordinated, and cohesive care. Studies show that combining psychotherapy with pharmacotherapy can lead to better outcomes for many mental health conditions, including major depression and anxiety disorders.

What Is Our Approach?

Our integrative strategy combines various therapeutic techniques, ensuring the delivery of comprehensive mental health care offered in a supportive and compassionate environment, which leads to more effective, lasting results.

We use an innovative and personalized approach to psychotherapy that blends longstanding and novel psychotherapeutic and psychiatric methods to treat a range of mental health conditions.

Rooted In Innovation.

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Guided By Expertise And Evidence

Our knowledgeable therapists deliver psychotherapy through a personalized, evidence-based approach that addresses each individual's unique needs, carefully considering where each patient is in their mental health journey.

Our psychotherapy modalities are shown in medical research literature to be effective and safe. We maintain fidelity to the models of psychotherapy that are believed to work best for specific conditions and patients, rather than only listening to patients' experiences and feelings. Our treatment goals focus on improvements in functionality, relationships, self-esteem, and other aspects of a fulfilling life.

Focused On Individualization

Our approach to psychotherapy embodies a holistic perspective for optimal results, honoring each patient's personal healing process with compassionate, comprehensive support.

Our therapists provide a warm, collaborative environment that emphasizes relationships and personal empowerment. Patients will experience therapy that is interactive, focused on their strengths and potential, and grounded in building meaningful connections.





What Are Next Steps?

Whether patients are seeking support for known mental illnesses, navigating a life transition, striving for personal growth, or invested in cultivating insight and resiliency in life, our dedicated team is here to help.

Take the first step toward a brighter future and contact us today to learn more, or to schedule an appointment. Together, we are dedicated to helping patients thrive.

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