



Desoto Family Counseling & Pediatric Therapy Center

FINDING SILVER LININGS SINCE 2001

WHAT DO I NEED?

DO I NEED COUNSELING, MEDICATION, OR AN EVALUATION?



COUNSELING

Counseling, also referred to as therapy, is a broad term that encompasses many different types of therapy. For children, play and outdoor therapies are most helpful. For teens and adults, talk therapy is the most commonly used therapy, but can also include outdoor settings and movement. Counseling is always a safe and confidential space to process thoughts and feelings. The relationship built between a client and their therapist is often times the most healing aspect of therapy.



MEDICATION

Medication management can be extremely helpful for those experiencing distressing and/or overwhelming symptoms. We recommend to our clients that they pair medication management with counseling in order to achieve their goals. If you decide that you'd like to try medication to help with your symptoms, our medication providers will have an intake with you to decide what is best to start with, and will have periodic follow up appointments to monitor your wellbeing.



PSYCHOLOGICAL EVALUATION

Psychological evaluations are helpful for those who would like an extensive examination of their mental health in order to identify their diagnosis and treatment needs. Often, people need psych evals if they are looking to advocate for themselves or their child in a school or work setting. Always be sure to get clarity on whether or not a diagnosis or a formal psychological evaluation is needed. A counselor can provide a diagnosis, but only certain professionals can conduct a psychological evaluation.