



COUNSELING AND DIAGNOSTIC  
CENTER OF WOODFIELD, LTD.

## SERVICES OFFERED

At the Counseling and Diagnostic Center of Woodfield (CDCW), we provide a comprehensive range of mental health services designed to support individuals and families across the lifespan. Our evidence-based interventions are tailored to meet each client's unique needs, whether seeking brief support or comprehensive care for complex challenges.

### Individual Therapy

Individual therapy offers a confidential, one-on-one setting for clients to explore personal concerns, develop coping strategies, and enhance emotional well-being. Our clinicians utilize evidence-based approaches to address a wide range of issues, including anxiety, depression, trauma, life transitions, and relationship challenges. Each therapeutic relationship is grounded in trust, respect, collaboration, and a commitment to meaningful growth.

### Family Therapy

Family therapy supports families in improving communication, resolving conflicts, and strengthening relationships. Clinicians guide family members in understanding each other's perspectives, developing healthier interaction patterns, and navigating challenges together. This service is particularly helpful for addressing issues such as parenting concerns, adolescent behavior, and family dynamics.

### Group Therapy

Group therapy at CDCW provides a supportive environment where individuals can connect with others facing similar challenges. Participants benefit from shared experiences, mutual support, and opportunities to practice new coping and social skills in a structured, therapeutic setting. Groups are led by trained clinicians who facilitate discussion, encourage self-reflection, and provide strategies for managing emotions, stress, and interpersonal challenges.

For children and adolescents, group therapy promotes social skills, emotional regulation, and confidence, while adult groups focus on coping with life transitions, stress management, and interpersonal growth. Each group is carefully structured to foster engagement, trust, and personal development, helping participants build lasting skills in a collaborative environment.

### Couples Therapy

CDCW offers specialized couples therapy designed to strengthen communication, resolve conflicts, and enhance relational satisfaction. Clinicians work with couples to explore patterns, identify challenges, and develop strategies that foster mutual understanding and emotional connection.

### Psychological Assessments

Psychological assessments evaluate emotional, behavioral, and mental health functioning to support accurate diagnosis and treatment planning. These assessments help identify conditions such as mood disorders, anxiety disorders, learning differences, or personality concerns. The results provide clinicians and clients with actionable insights to guide individualized therapy or intervention strategies.

### Neuropsychological Assessments

Neuropsychological assessments examine cognitive abilities, including memory, attention, problem-solving, and executive functioning. These evaluations are particularly useful for identifying learning or developmental challenges, neurological conditions, and cognitive changes across the lifespan. Assessment results inform individualized treatment planning, educational or occupational accommodations, and strategies to support cognitive and functional well-being.

### Medication Management

At CDCW, medication management is provided when clinically appropriate as part of comprehensive mental health care. Our providers work closely with clients to develop individualized medication plans, carefully monitoring effectiveness while minimizing side effects. Clients receive thorough education about their medications, including expected benefits, potential side effects, and proper administration. Ongoing collaboration ensures medications support overall treatment goals safely and effectively, with coordination among therapists, primary care providers, and other healthcare professionals.



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