

COUNSELING PROGRAM

Negative and unfavorable childhood experiences can impact a child's future, but they don't have to. Early exposure to violence, abusive treatment, sexual abuse, neglect, alcohol and drug abuse can lead to health and social problems, risk-taking behaviors and a shortened lifespan.



Zarephath aims to treat children who have experienced trauma in their lives, with the use of proven specialized treatments such as Trauma-Focused Cognitive Behavioral Therapy or Trauma Informed Care.

The Zarephath team will focus on client / family-driven care where treatment plans are structured around each family's unique strengths and needs. Length of treatment at Zarephath will vary depending on each child and family, and their individualized service plan.

OUR SERVICE PRINCIPLES

Zarephath believes collaboration with the child and family team is imperative to creating functional outcomes.

Zarephath fosters community enrichment and engagement, truly integrating the family into the community, promoting independence, self-sufficiency and lasting natural supports.

Zarephath utilizes Best Practices and evidence-based programs that are delivered in a culturally relevant manner.

Zarephath's ultimate goal is to create lasting health, stability and independence for the families we serve.

QUESTIONS / REFERRALS

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COUNSELING PROGRAM



SERVING YOU AND THE COMMUNITY



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WHAT IS THE COUNSELING PROGRAM?

The Zarephath team integrates interventions that are specifically tailored to meet the needs of individuals experiencing emotional and psychological difficulties as a result of trauma and combines them with humanistic, cognitive behavioral and familial strategies.

WHO IS ELIGIBLE?

The Zarephath Counseling Program is available to all Title XIX & XXI children and families whose assessment and service plan indicates counseling services are needed to address emotional and behavioral concerns.
(Based on clinical need determined by the Child and Family Team)

TO GET STARTED:

Talk with your Case Manager and Child & Family Team to determine if Zarephath Counseling Services are an appropriate choice for your child and family.

THE GOAL:

The child and caregivers are provided the necessary tools to alleviate overwhelming thoughts that can cause stress, anxiety and depression, and are taught how to manage their emotions in a healthier way. The goal for counseling services is to allow both the child and caregiver an opportunity to develop the skills necessary for building healthy relationships and effective communication techniques to promote successful outcomes and a bright future.

Zarephath provides outpatient counseling services for children and families who have experienced social and emotional challenges in their lives. The counseling program provides community-based services that reduce symptoms and helps the child and family meet their unique goals and plans. Our clients design their own treatment plans based on the needs and goals they wish to reach through counseling. Zarephath counselors utilize Cognitive Behavioral Therapy with a focus on trauma, to serve the clients in their service needs.

Title XIX & XXI services are funded under a contract between AHCCCS and ADHS.

WHY ZAREPHATH COUNSELING?

Zarephath utilizes proven research-based therapies along with evidence based assessment tools to customize individualized service plans for children and their families.

Zarephath reviewed randomized clinical trials comparing various therapy models and we have chosen models proven to produce significantly greater gains with fewer therapy sessions.

The clinical trials also proved two years after the conclusion of therapy; the gains made in therapy were sustained over time.

(Cohen, Deblinger, Mannarino, & Steer, 2004.)

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