

The Up Center's caring counseling professionals can help people of all ages dealing with life's challenges.

Therapy Services for Individuals and Families

Family and Individual Counseling

The Up Center's professional staff provides thousands of hours of counseling every year to help individuals and families manage the stresses of life. Whether the challenge is depression, substance use disorder, anxiety, abuse, divorce, the loss of a loved one, or there's just a need to talk, we can help.

Parent-Child Interaction Therapy

Parent-Child Interaction Therapy (PCIT) is an evidence-based, specialized behavior management program designed for families with young children experiencing behavioral and/or emotional difficulties. PCIT teaches caregivers to manage their child's behaviors and increase their positive behaviors. A PCIT therapist works with the child and caregiver(s) together to improve overall behavior and reduce parenting stress.

Peer Recovery Services

Peer Recovery Support

Peer Recovery Support is community-based recovery support led by a certified Peer Recovery Specialist (PRS). Services include coaching and assistance and connections to resources for individuals challenged by substance use.

We can assist you remotely.
To schedule a face-to-face video
therapy appointment,
please call us at (757) 965-8622.

Please contact our Counseling Services Intake Coordinator
Tel (757) 965-8622



The Up Center has offices throughout South Hampton Roads, however, we are currently offering most Mental Health Counseling Services through face-to-face video chat only.

Please visit theupcenter.org for more information.

theUpcenter
www.theupcenter.org

Face-to-Face Video Therapy Mental Health Counseling Services



Do you or someone
you know need:

Individual and Family Counseling
Adult Anger Management Groups
Art & Play Therapy for Children
Marriage Counseling
Behavioral or School-Related Services



theUpcenter



Therapy Services for Children

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

TF-CBT is designed to help children, adolescents and their families to overcome the negative effects of a traumatic experience such as a child sexual or physical abuse, traumatic loss of a loved one, domestic, school or community violence, or exposure to a natural disaster.

Play & Art Therapy

Play is the language of children. Through play, children are able to express their thoughts and feelings using toys or creative expression through art therapy. Play and Art Therapists are trained to work with all ages who have a variety of emotional, physical, cognitive and behavioral challenges.

Children with Problematic Sexual Behavior

The Up Center offers community-based treatment services to children and youth who have problematic sexual behaviors. Counselors, using a trauma informed approach, develop individualized treatment plans. Modalities such as Psychosexual Assessments, Outpatient Therapy and Intensive In Home Services aim to create a balance of community safety and healing.

Groups

The Up Center offers therapy and educational groups to assist families and individuals facing abuse or anger management issues.

Substance Use

The Up Center provides substance use group counseling to adolescents and adults focused on prevention, addiction and recovery. The goal is to reduce problematic use of substances through an educational counseling approach.

Anger Management & Batterers' Intervention Groups

The Up Center's Anger Management and Batterers' Intervention Groups teach abusive partners to develop empathy for their victims and identify and interrupt negative self-talk that often precedes incidences of violence in order to prevent further abuse.

Seeking Safety Group

The Up Center's Seeking Safety Groups provide research-based support for men and women who have experienced trauma, including those who have been abused, victimized by crime, or distressed by war or natural disasters. Participants learn positive coping skills.

Women's Assertiveness Group

This 8-week class is free for women who want to learn to be more assertive in relationships. Sessions take place in Norfolk, Portsmouth and Suffolk.

Social Skills Group for Children Diagnosed with Autism and Parent Support Group

This skill building group for verbal children, ages 6-14 years, helps improve their social interactions in a group of peers. While the children are working on these skills, parents participate in a support group to share experiences, give and receive practical feedback and enhance parenting skills to further respond to the unique needs of their children.

Autplay Therapy

Autplay therapy and behavioral approach is for children and adolescents who are diagnosed with autism and their parents. This relationship developmental model assists children and adolescents 3-18 years old in learning social skills, emotional regulation and relationship development.

Workshops

For Children's Sake

Approved for Court Mandated Participants

For Children's Sake is a workshop designed to provide parents with the necessary skills to protect and shield their children from the conflict of a separation or divorce. Cost of this one time 4-hour class is \$50.

Most services available remotely.
To schedule an appointment,
please call (757) 965-8622.