

Welcome to Innerspace Counseling, LLC's first newsletter. We look forward to sharing program information, staff features, and mental health news with our community. Thank you for reading.



Innerspace *insights*

Innerspace Counseling >>>

Our Mission

It is the mission of Innerspace Counseling, LLC to provide the highest quality of care possible, in the safest, least restrictive manner to all of the clients we serve. We understand the unique challenges that come with balancing one's life with their own personal needs. Our goal at Innerspace is to assist all individuals served with maintaining their balance, while enhancing and improving their quality of life.



SAVE THE DATE:

Open House on Tuesday, 2/11/19
Refreshments, tour, & more!
Call 732-307-5673 for details.

You are not an island. How Innerspace Counseling is creating lasting change



At Innerspace Counseling, we believe in a systems based approach. Our board certified and licensed staff of psychiatrists, counselors and social workers feel strongly that no individual is an island, and no issue can be treated in isolation. Through our comprehensive approach, we will work with our clients, and their families to create lasting change. Our continuum of services offers a wide range of options that allow us to tailor treatment to each individual's unique needs and offer ongoing treatment should it be needed.

Innerspace Program Options:

- Intensive Outpatient Programs:
 - Children (ages 8-11)
 - Adolescents (ages 12-17)
 - Adults
- Partial Care Programs:
 - Adolescents (ages 12-17)
 - Adults

All programs include:

- Comprehensive Psychiatric Assessment & Consultation
- Individual Therapy with a State of NJ Licensed Therapist
- Group Therapy
- Medication Management
- Family Therapy
- Parent Support Groups

We also service those who have co-occurring substance use disorders.

If you or a loved one is in need of mental health services call Innerspace Counseling today for a consultation at 732-332-8270.

Mental Health Exercise >>>

Adult Coloring is Good for your Mental Health

According to an article in Psychology Today, adult coloring may be beneficial to improving mood, enhancing mindfulness, and reducing mental health stress. So when you need a break and a moment to focus on an activity, get out the colored pencils or fine point sharpies and relive a childhood favorite!



Staff Feature >>>

Meet our Assistant Program Director: Courtney Zambrano, MA, LPC, NCC

Courtney earned her Master's Degree in Mental Health Counseling from Caldwell College and has several years of experience working in a variety of therapeutic settings. Through her hard work and dedication to clients served, she has empowered children and adolescents to create positive change in their lives.

In addition to her experience in the Intensive Outpatient and Partial Care settings, Courtney has also worked in community-based foster care programs with young children and their families. She has helped children through play therapy as well as other cognitive approaches (i.e. Cognitive Behavioral Therapy, Motivational Interviewing, and Dialectical Behavior Therapy). She is a compassionate and professional mental health counselor who uses a variety of theoretical perspectives in individual, family, and group settings. Courtney strives to help individuals achieve the goals they have in mind for themselves and she enjoys engaging people in the process of positive change.



To reach us >>>

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