

Our Values

Our highly skilled clinicians embody values that center on caring and empowering people. These values are the foundation of Innerspace Counseling and they lay the path for your journey toward holistic wellness.

We EMPOWER We CARE

E mpowering	C aring
M otivating	A ttentive
P ositive	R espectful
O bservant	E mpathetic
W elcoming	
E ncouraging	
R esponsive	



Insurance

Innerspace Counseling is in network with most major insurance including:

- Aetna
- Amerihealth
- Anthem
- Beacon
- BC/BS
- Cigna
- GHI
- Horizon
- Magellan
- Multiplan
- Optum
- Oxford
- Qual Care
- UHC Student Resources
- United
- UMR
- Value Options



Contact Us

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www.InnerspaceCounseling.com



New Jersey's Premiere
Intensive Mental Health
Program Specialist

Intensive Outpatient &
Partial Care Programs for
Youth, Teens, & Adults

732-332-8270

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Our Approach

Our elite team of board certified psychiatrists and master's level mental health clinicians provide high quality, individualized care that creates lasting change during and after treatment.

Our mission is to achieve holistic wellness for all. We provide care and empowerment coupled with a systems based, collaborative approach that provides balance to the lives of our clients for long term wellness.

We Treat:

- ADHD
- Anger Issues
- Anxiety
- Bipolar Disorder
- Depression
- Grief
- Mood Disorders
- Obsessive Compulsive Disorder
- School Refusal & Poor Performance
- Self-Harm Behaviors
- Social Conflicts
- Stress & PTSD
- Substance Use Disorder (Co-occurring Only)
- Suicidal Ideation



"The therapists saved my life."
-from a Patient Survey



Our Services

Intensive Outpatient Programs

Youth & Teen IOP meets M, W, TH 4 PM - 6PM

Adult IOP is any 3 days, M-F 10 AM - 1 PM

- Youth IOP (8-11 years old)
- Teen IOP (12-17 years old)
- Adult IOP

Partial Care Programs

All PHP meet M-F 10 AM - 3:30 PM

During the school year, Teen PHP meets 9 AM - 3:30 PM

- Teen PHP (12-17 years old)
- Adult PHP

Programs Include:

- Individualized Assessment & Treatment Plan with Master's Level Clinicians and Board Certified Psychiatrists
- Individual Counseling
- Group Therapy
- Medication Management
- Family Sessions
- Dialectical Behavior Therapy (DBT)