

# Treatment built for you

Charlie Health offers specialized treatment and curated groups that match clients based on age, life experiences, and mental health goals.

## Treatment modalities

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT) Skills
- Art Therapy
- Music Therapy
- Dance & Movement Therapy
- Yoga, Mindfulness & Meditation
- Attachment-Based Family Therapy (ABFT)
- Motivational Interviewing (MI)
- Drama Therapy
- Exposure Therapy
- Trauma-Focused CBT (TF-CBT)
- and more

## Supporting specific needs related to:

- Anxiety
- Depression
- Trauma
- Bipolar Disorder
- PTSD
- Behavioral Addictions (technology, relationships)
- ADHD
- Gender Dysphoria
- LGBTQIA+ Identities
- Self Harm
- Chronic Suicidal Ideation
- Substance Use
- and more

