

DOMESTIC VIOLENCE, ANGER MANAGEMENT

Alternatives offers comprehensive therapy and educational learning opportunities for client's to "break the cycle of violence" that is often found in relationships. Client focus is on achieving cognitive, behavioral change utilizing directed learning, specific assignments, and personal process within gender specific group sessions.

Alternatives DV program is a progress rather than time linked program, which allows clients to apply learning and increased coping skills in all of their interpersonal relationships. Alternatives DV perpetrator program utilizes MRT-DV ©. All therapy staff are certified to present the MRT-DV program.

- State Certified Domestic Violence Perpetrator Program congruent with WAC 388-60. Court Approved.**
- Anger Management**
- Victim referral**
- Domestic Violence Offender Program through Thurston County Correctional Facility**
- Hispanic and Asian Language Certified DV treatment programs**



CHEMICAL DEPENDENCY SERVICES

Alternatives offers one of the few programs with a developed course of therapy for Chemical Dependency/Abuse treatment, specifically for Domestic Violence and Anger Management Clients. The Substance Abuse/Addiction Program is State Certified by the Division of Alcohol and Substance Abuse. The program institutes **Moral Reconciliation Therapy™** in the phases of treatment. There is a **specific Adolescent CD treatment program.** County, DASA funded for qualifying families and individuals.

- Alcohol/Drug Information School through Olympia Municipal Court, Thurston County District Court**
- Deferred Prosecution Evaluations**
- Intensive Outpatient Treatment**
- Adolescent Chemical Dependency Program**
- Continuing Care Programs**
- Urinalysis Testing**

All programs offer evening group sessions. There are specific groups offered during the day. Individual sessions and assessment/intake evaluation sessions are available both day and evening.



PARENTING THERAPY

Within this program, based on **Moral Reconciliation Therapy®**, with special anger management components for each session, parents confront their own parenting styles, values, and methods of discipline.

The program also focuses on domestic violence and chemical dependency and how they impact the family. The sessions are open ended and self-paced. Each session combines psychoeducation with group process. The program takes a minimum of 20 hours to complete. A comprehensive work book allows clients hands on and visual mapping of tasks and progress. Individuals or couples may start the program at any time.

Sessions on

- Parent Values**
- Parenting Young Children**
- Handling Children's Problems**
- Parenting Adolescents and Teens**
- Problems in Adolescents and Teens**
- The Healthy Family**

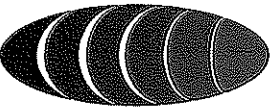
**Sliding Fee Schedule
Payment Plans Available
Insurance Accepted
Participating Provider,
Regence Blue Shield**

Mission Statement
&
Philosophy

We believe that each individual deserves the right to be treated with dignity and respect while involved in our program. The staff at Alternatives search for similarities that enable us to connect with others on a non-judgmental basis. We are committed to treating each client to attain accountability and encourage positive change and personal growth.

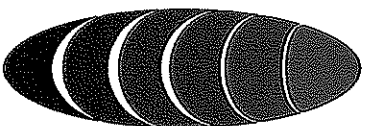
We believe in a culturally sensitive approach to treatment. Our mission is to model effective service, assistance and support.

We believe in ongoing training for staff and use consultation with a clinical psychologist and clinical supervisor to assure that the client is being afforded best practice, ethical treatment.



203 Fourth Avenue E, Suite 301
Olympia, WA 98501

ALTERNATIVES



ALTERNATIVES
Professional
Counseling, Inc.

STATE CERTIFIED
TREATMENT
FOR
DOMESTIC
VIOLENCE
AND
CHEMICAL
DEPENDENCY

*Adult and
Adolescent
Programs

203 4TH AVENUE EAST
SUITE 301
OLYMPIA,
WASHINGTON 98501
(360) 357-7986
FAX (360) 534-9595