



BEHAVIORAL HEALTH

As individuals and couples move through life, they meet several challenges. Our mental health counseling program offers both short-term and long-term affordable care, aiming to destigmatize mental health and promote healthier communities. Our Behavioral Health team is made up of state-licensed clinicians, staff registered in clinical social work, and counselors trained to help with stress, anxiety, depression, family relationships, gender identity, sexuality, intimate partner violence, and trauma, among other life challenges.

These professionals are experts in the mental health field, providing high-quality, compassionate, and comprehensive behavioral health services virtually, allowing Florida residents to access mental health care from anywhere with an internet connection. In 2022, our exceptional mental health team provided over 1,115 mental health appointments.

Planned Parenthood of South, East, and North Florida is committed to delivering accessible and inclusive mental health services.

Our dedicated Behavioral Health department comprises highly skilled therapists and clinicians.

Our Approach:

The Behavioral Health team builds a supportive therapeutic relationship with each individual using various techniques that work best with the person's needs and goals.

EMDR Therapy:

Utilizing Eye-Movement Desensitization and Reprocessing (EMDR) therapy, we offer a structured method for resolving unprocessed trauma, relieving people from the emotional and physical triggers linked to distressing events. Through this innovative therapy, our certified clinicians guide patients to follow specific eye movements while recounting triggering experiences, facilitating the brain's reorganization of memories, processing, and subsequent storage more effectively. EMDR effectively reduces emotional and physical responses associated with traumatic memories, leading to decreased physical symptoms, increased cortisol regulation, increased emotional control, and the resolution of triggers and responses stemming from traumatic encounters.

Brainspotting:

"Brainspotting" is a technique our therapists use to help people process complex emotions, memories, or traumas. During Brainspotting sessions, patients focus on a designated point in their field of vision while thinking about a stressful or painful experience. Our therapist helps patients find the exact moment where emotions intensify or become more apparent, increasing overall awareness and decreasing symptoms of anxiety or panic.

Support Groups:

Our Behavioral Health team offers various support groups to connect individuals with relatable life experiences. Our Transgender Support Group centers on subjects impacting the LGBTQ+ community, family members, and friends. The Coping Skills Support Group empowers participants to manage overwhelming emotions by embracing the present moment, improving communication skills, and building emotional resilience. Within the Trauma Support Group, individuals forge connections and collectively address their traumatic experiences, fostering healing through communal discussion and mutual support. Finally, our Postpartum Support Group provides a safe space for new parents navigating and adapting to life challenges and experiences after childbirth. Group sessions are 1-2 hours long weekly.



For More Info:
(561) 472-9991



Email Us At:
behavioral.health@ppsenfl.org

**Or Scan To Make
An Appointment:**

