

eagan counseling clinic

Urgent Care:

For clients who have urgent need for assessment and care:

- an initial assessment can be arranged within 24 hours excluding weekends and holidays,
- a diagnostic assessment within 48 hours.
- immediate admission to Adult or Adolescent Short-term Assessment and Treatment Program, or
- referral to a less urgent option as soon as possible.

Therapy Services:

- Individual Therapy
- Marriage and Family Therapy, Relationship Therapy
- Child and Adolescent Therapy, Child Play Therapy
- Psychiatric Services for Adults, Adolescents and Children coordinated with Psychotherapy
- Psychological Evaluations, Testing and Assessment
- Attention Deficit-Hyperactivity Assessment and Treatment
- Parenting Skills Training
- Group Therapy for Adolescents and Adults.
- Dialectic Behavior Therapy (DBT) for Adults and Adolescents.
- Divorce Adjustment, Grief and Loss Issues
- Biofeedback Stress Reduction and Relaxation Training
- Wellness and Growth Counseling

Day Treatment Services:

- Short-Term Assessment and Treatment Programs for Adolescents and Adults
- DaTRAC Adult Day Treatment

Home-Based Family Therapy:

- Offered in Dakota and Ramsey County.
- Payment arranged by County or insurance authorizations.

Horizons Community Support Program:

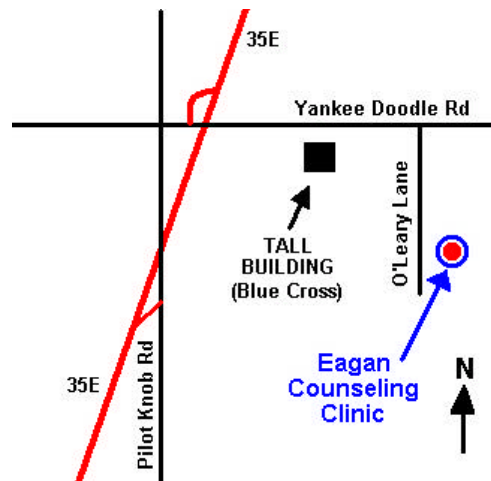
- Support services for Dakota County
- Adults who have a serious and persistent mental illness.
- Includes Housing Support, Case Management, and Drop-In Center.

Directions from Hwy 77

- North on Hwy 13
- Right on Yankee Doodle
- Cross 35E
- Right on O'Leary Lane
- At the end of the block on left.

Directions from 35E

- Exit Yankee Doodle
- East on Yankee Doodle from 35E
- Right on O'Leary Lane
- At the end of the block on left.



eagan counseling clinic
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Web site: www.eagancounseling.com

Eating Disorders Groups



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Eating Disorders Therapy Groups

Eagan Counseling Clinic offers two groups for persons with eating disorders.

Should there be a need, we offer coordinated individual and family therapy, Dialectic Behavior Therapy Skills Training, as well as medication management for eating disordered clients.

Teens and Young Adults

The Teen/Young Adult Eating Disorders Group meets every other Saturday, 10:00 - 11:30 am

The group's current composition includes girls and women ages 14 to 27.

The Eating Disorders Group is best for those seeking support in addition to individual therapy; either to prevent the need for partial hospitalization or inpatient care, or to support the gains of these programs after discharge.

40+ Eating Disorders Group

The 40+ Eating Disorders Group meets every other Tuesday from 1-2:30 pm.

This group will address the special needs of women approximately 40 years of age and older. In addition to long standing eating disorders, women currently in this group might also be working with past substance abuse disorders, parenting and relationship issues, abuse issues, and personality disturbances.

Group members do need to obtain at least one other mental health service at Eagan Counseling Clinic to be a part of the group. New group members must have sustained sobriety from alcohol and drugs, may currently be involved in DBT, and must have on-going individual psychotherapy and medication management while in this group.

The groups are lead by Mary Woodward-Kreitz, MA, LP. Mary is a Licensed Psychologist with over 20 years experience in mental health practice and research. She works with individuals, couples and families around the issues of eating, sexuality, and health care.

The mission of Eagan Counseling Clinic is to be the leading provider of mental health services in the southeast metro region of Minneapolis/St. Paul. By providing client centered service excellence, Eagan Counseling Clinic promotes client stabilization, community integration and empowerment and helps clients achieve the highest level of functional capacity and personal growth.