



## ANNE GILES, M.A., M.S., L.P.C.

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### Opportunities to Attend Individual and Group Counseling Sessions

Individual and group counseling sessions can be scheduled Monday and Tuesday from 1:50 PM through 5:00 PM, Wednesdays from 1:50 PM through 4:15 PM, and Thursdays at 1:50 PM and 3:00 PM. Currently scheduled groups are held on Sundays, Wednesdays, and Thursdays. Group attendance can range from 2 to 10 members. The office is closed on Fridays and Saturdays. For the remainder of 2019, regularly scheduled groups will be held on all holidays except Thanksgiving Day, Thursday, November 28, and on Christmas Day, Wednesday, December 25. Individual sessions will be held on Tuesday, December 31, 2019 and individual and group sessions will be held on Wednesday, January 1, 2020.

Group	Description	Schedule
Awareness Skills	Instruction and practice in skills fundamental to achieving and maintaining remission from problematic substance use and substance use disorders (SUDs).	Sundays, 4:15 - 5:30 PM
Applied Awareness Skills	Advanced skills instruction and practice, plus opportunities to challenge substance use remission skills in demanding scenarios.	Sundays, 2:30 - 3:45 PM
Cognitive Behavior Therapy	Instruction and skills practice in cognitive behavior therapy, the top, evidence-based counseling treatment protocol for many mental, emotional, behavioral, and substance use challenges.	Wednesdays, 5:30 - 6:45 PM
Supportive Counseling	Opportunity for those who discover insights through speaking to share and process feelings, thoughts, and experiences in a safe, facilitated group.	Thursdays, 4:15 - 5:30 PM
Cognitive Processing Therapy for PTSD	12-session, manualized protocol recommended by the American Psychological Association and Veterans Administration for reduction of trauma symptoms. Learn more: <a href="http://www.annegiles.com/cpt">http://www.annegiles.com/cpt</a>	Weekly, biweekly, or intensive schedule at convenient times for group members and counselor.

Fees	
\$150	Substance use disorder assessment. Includes review of pre-session assessments, 50-minute interview, and summary letter.
\$125	First individual session. Includes review of pre-session assessments, 50-minute session, initial co-created treatment plan, and optional follow-up by client via phone or text.
\$125	Subsequent individual session. Includes pre-session research, 50-minute, treatment plan-focused session, documentation of attendance if/as requested, optional follow-up by client via phone or text.
\$40	Group session. Includes pre-session research and custom materials preparation, 75-minute session, handouts and supplies, contingency management awards, documentation of attendance if/as requested, optional text messaging.
\$500	Cognitive Processing Therapy (CPT) 12-session group counseling for trauma. 2 to 6 group members. Includes all printed materials and access to online materials. CPT is also available individually at \$125 per 50-minute session, a total of \$1500 for 12 sessions.