

# Mental Health Counseling and Consulting, LLC

Offices in Las Vegas and Reno

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- Problem Gambling Individual, Couples, and Family Therapy
- Problem Gambling Evaluations
- Comprehensive Psychological Evaluations
- Psychiatric Medication Management
- Treatment for Addictions and Mental Health Disorders
- Court Assessments for Problem Gambling and Substance Abuse
- Psychoeducation and Psychotherapy Groups
- Continuing After Care Groups
- After-Hour Crisis Interventions
- Tele-Health Distance Counseling

## MHCC seeks to help those suffering from addiction and mental health by:

- Counseling to help people change their dysfunctional thoughts, feelings, and behaviors. We help patients cultivate “new normal” for their lives
- Helping educate patients about the neuroscience of brain-behavior relationship and how they influence addictive behaviors
- Medication management for psychiatric disorders that co-occur with problem gambling such as bipolar, ADHD, depression, and anxiety
- We offer mindfulness meditation training to help with addictive behaviors
- We help patients develop stress coping skills and enhance their ability to manage difficult emotions through psychoeducation and therapy
- We work with patients who are court ordered to treatment
- Conduct research about gambling addiction and publish in scientific journals
- Help patients with trauma using cognitive behavioral therapy