

Why Aspen?

Dealing with life's difficulties can be challenging and may require additional assistance and support.

Aspen Counseling provides a safe and therapeutic setting to help clients improve their quality of life and handle stress and anxiety, as well as develop strategies to manage mood disorders, such as major depression, bipolar and dysthymia. Our licensed, experienced professionals help clients find solutions to problems so they and their families can lead productive, fulfilling lives.



For more information about our services, call
815.399.9700 or
866.350.3500 (toll-free)

Visit us at
aspenbh.com

Location
8616 Northern Avenue
Rockford, IL 61107
(Located in Rosecrance Berry Campus)

Aspen Counseling and Consulting, L.L.C., is an affiliate of Rosecrance Health Network



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New directions in emotional health and wellbeing

Pictures of individuals in this brochure are for illustration purposes only. These pictures portray models and are not pictures of actual clients of Aspen. No inference should be made, or is implied, that the pictures used here are of individuals connected in any way to Aspen or to its program

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Aspen Counseling can assist individuals and their families in finding effective solutions to cope with everyday problems. We specialize in TMS therapy, counseling, psychiatric care and employee assistance programming.



TMS THERAPY FOR DEPRESSION

NeuroStar® TMS Therapy is:

- Non-invasive (does not involve surgery)
- Non-systemic (does not circulate in the bloodstream throughout the body)

This treatment is ideal for patients suffering from depression who have not achieved satisfactory improvement from prior treatment. TMS Therapy is performed using a medical device called the NeuroStar® TMS Therapy system.

During TMS Therapy, pulsed magnetic fields are repetitively transmitted into the left prefrontal cortex, the part of the brain that is thought to regulate mood, in order to stimulate the firing of neurons (nerve cells) and help normalize neurotransmitter function.

The initial treatment course typically consists of five treatments per week over a six-week period, for an average of 30 treatments followed by six tapering sessions. This 40-minute outpatient procedure is prescribed by and administered under the care of a psychiatrist.

Many commercial insurance plans and Medicare cover TMS and we will work with you to determine insurance eligibility and secure authorization. If insurance is not available, we offer self-payment options.

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We are the first provider to offer transcranial magnetic stimulation (TMS) therapy in the Northern Illinois area. TMS is an FDA-approved therapy for depression.
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COUNSELING

Our therapists work with clients to address concerns ranging from everyday life stressors to chronic mental health issues, substance use and trauma. All therapists at Aspen Counseling hold Master's degrees and are experienced, licensed mental health counselors. In addition, we have counselors who specialize and are certified in the following areas: substance abuse, autism and special needs, mood and personality disorders, chronic pain therapy, grief counseling, play therapy, infertility counseling and LGBT counseling.

We offer:

- Individual therapy
- Family/marital therapy
- Specialty therapy (such as DBT, M-CET)
- Group therapy

PSYCHIATRIC CARE

Consistent with evidence-based best practices, we use a combination of psychiatric care and therapy, which we believe is the best way to produce sustained recovery. While the forms of therapy may vary, individuals who partake in both modalities have the greatest amount of success.

We will take our time, and listen and attend to any concerns you may have about your care or medications. Our psychiatrists are trained to work with youth and adult patients and have schedules to accommodate almost any work shift.

Our psychiatrists are Board Certified by the American Board of Psychiatry and Neurology in adolescent and adult psychiatry. Our Advanced Practice Nurses have a wealth of experience in treating psychiatric disorders. They also specialize in TMS therapy, women's health and substance use disorders.

EMPLOYEE ASSISTANCE PROGRAM

Aspen Counseling works with employers to provide their employees and families with confidential assistance for problems that interfere with an employee's well-being and job performance.

Services offered to employers:

- Job coaching
- On-site consultations
- Educational workshops on wellness
- Critical incident debriefing and interventions

Professional assistance offered in the following areas to employees and their families:

- Marital/family difficulties
- Financial concerns
- Alcohol/drug abuse
- Job performance
- Stress
- Other concerns

Check with your Human Resources department to determine if you are covered under an EAP contract to receive Aspen EAP services.

Overwhelmed ... stressed ...
there is help.
There is Aspen.

Call
815.399.9700.

