





1

About us



Certified Outpatient Mental Health and Substance Use Clinic .
Currently operating 7 clinics throughout the state of WI.
Waukesha is our newest location.



2


2



PROFESSIONAL SERVICES GROUP

Mission:
Develop and implement innovative and cost-effective services to strengthen families and communities on their terms.

3




Services

Therapy
 Individual Therapy for Adults
 Child and Adolescent Therapy
 Substance Use Treatment
 Family and Couples Therapy
 Parent Support


Group Treatment
 Virtual and In Person Group Options
 Available

Psychiatry
 APNP's are equipped to diagnose and treat wide range of mental health conditions
 Medical Assisted Treatment for SUD.

Holistic Wellness
 Ketamine Assisted Psychotherapy
 Neurofeedback
 Safe and Sound Protocol
 Nutrition
 Mindfulness and Meditation



4



Evidence-Based Practices

Parent-Child Interaction Therapy

- Evidence-based to address behavior problems; primarily ages 2-7
- Live coaching during session with parents and children
- Behavior modification
- Excellent resource for families moving toward reunification – time requirements
- Effective via telehealth


Internal Family Systems

- Evidence-based to address trauma
- Views people as systems of protective and wounded inner parts
- Increases self awareness to create choice
- Non-pathologizing; we all have parts
- Focuses on agency of the individual

PROFESSIONAL SERVICES GROUP

5

5



Evidence-Based Practices, cont.

Circle of Security Parenting

- Attachment-based parenting program
- Helps parents understand behavior through an attachment lens
- Guides parents in learning to meet the emotional needs of their children
- Completed individually and via groups
- Appropriate with any age

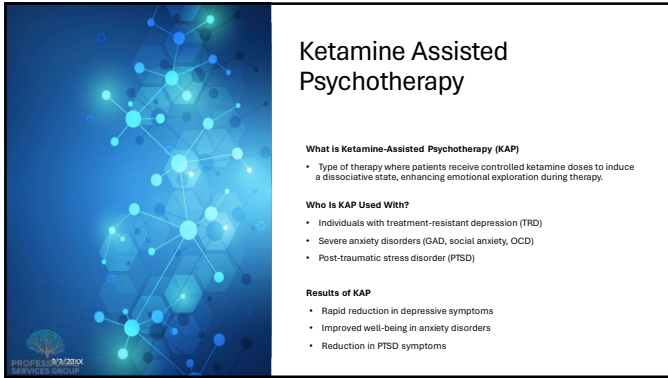
Seven Challenges

- Harm-reduction, evidence-based substance use program
- Premise of informed decision making as opposed to demanding abstinence
- Adolescents and Adults
- Individual and group programming
- Train the trainer model

PROFESSIONAL SERVICES GROUP

6

6



Ketamine Assisted Psychotherapy

What is Ketamine-Assisted Psychotherapy (KAP)

- Type of therapy where patients receive controlled ketamine doses to induce a dissociative state, enhancing emotional exploration during therapy.

Who is KAP Used With?

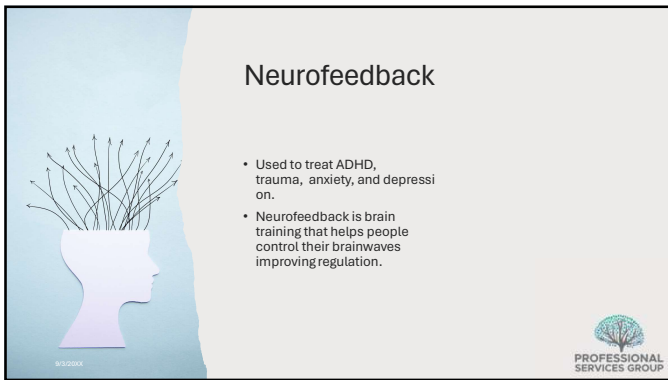
- Individuals with treatment-resistant depression (TRD)
- Severe anxiety disorders (GAD, social anxiety, OCD)
- Post-traumatic stress disorder (PTSD)

Results of KAP

- Rapid reduction in depressive symptoms
- Improved well-being in anxiety disorders
- Reduction in PTSD symptoms

PROFESSIONAL SERVICES GROUP

7

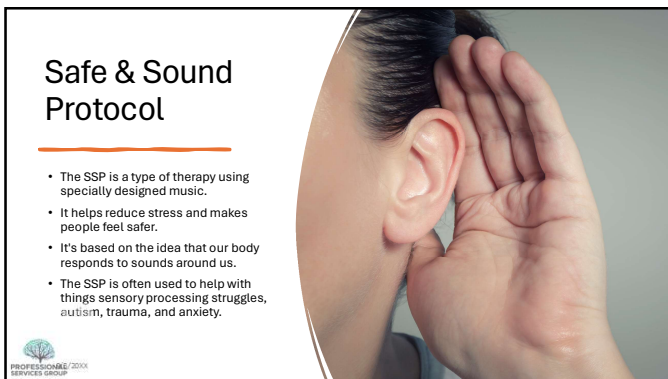


Neurofeedback

- Used to treat ADHD, trauma, anxiety, and depression.
- Neurofeedback is brain training that helps people control their brainwaves improving regulation.

PROFESSIONAL SERVICES GROUP

8




Safe & Sound Protocol

- The SSP is a type of therapy using specially designed music.
- It helps reduce stress and makes people feel safer.
- It's based on the idea that our body responds to sounds around us.
- The SSP is often used to help with things sensory processing struggles, autism, trauma, and anxiety.


PROFESSIONAL SERVICES GROUP

9



What makes a good referral?

- Medication Management Needs
- Trauma History
- Children (2-10 years old) with behavior problems
- Substance Use Concerns
- Parenting Concerns
- Sensory Difficulties
- Anxiety
- Depression
- Reunification Therapy
- All other mental health concerns




10

10

Additional Clinical Services/ Information

- Individual/Family/Group Therapy – Virtual & In Person
- Training in Multiple Therapy Modalities
- Ages 4+ for all services
- Medication Management
- Medication Assisted Treatment (Suboxone/Vivitrol)
- Accept Medicaid, including T19 and all HMOs
- Commercial Insurance
- Sliding Fee Scale available
- Self-Pay Options



11

11

Referrals:

waukeshaclinic@psgpcip.com

Phone: 262-652-2406
Text: 414-404-3434



12

12

Thank you!

Tierney Voit LCSW, CSAC (Clinical Director)
tvoit@psgcjp.com
262-945-9978

Kate Howard (Clinic Operations Manager)
khoward@psgcjp.com
262-652-2406

www.psgcjp.com