



# OUR SERVICES

**Clinic-Based ABA Day Program:** The clinic-based ABA day program is designed to support individuals aged 18 months to 6 years who may benefit from comprehensive or focused ABA treatment across many skill domains (social, communication, adaptive). Clients are prepared through evidence-based interventions to gain skills that will support more independence when entering school or daycare settings in the future. One-on-one direct services are implemented by skilled Behavior Technicians under the supervision of a Licensed Behavior Analyst and Clinical Supervisors. The treatment team uses an individualized and naturalistic approach to teach meaningful skills. Caregiver guidance and coordination with other providers are additional services provided for each client to support extension of skills where clients need them the most.

**Clinic-Based ABA After School Program:** The clinic-based ABA After School Program is targeted for individuals aged 5-11 years who require focused ABA treatment in the areas of social, communication, and adaptive behavior skills. Direct sessions are implemented by skilled Behavior Technicians under the supervision of a Licensed Behavior Analyst and Clinical Supervisors. The treatment team uses evidence-based interventions to support clients to learn social skills in structured ways.

**Home-Based ABA Programs:** The home-based ABA Program is targeted for individuals who require support in gaining adaptive skills in the comfort of their home. Skilled Behavior Technicians provide direct services under the supervision of a Licensed Behavior Analyst and Clinical Supervisors, and caregivers participate regularly in the treatment implementation to support with fading care from the providers back to the family.

**Individual Counseling:** Individual counseling is a service between a client and a knowledgeable and trained mental health professional. Services take place in a safe, caring, and confidential environment. The individual will receive guidance with emotional and practical concerns, to learn how to relieve and manage distress about thoughts, feelings, and behaviors that may be troubling. The goal of individual counseling is to help the client become the best version of themselves, while learning new skills, behaviors, and thought processes. Counselors will also assess for and address any social determinants of health needs and refer those out to the additional resources to help stabilize clients and their mental health.

**Couples Counseling:** S.E.E.K. Arizona also offers couples counseling designed to help improve relationships. Counseling can address a wide range of relationship issues, including recurring conflicts, feelings of disconnection, infidelity, issues related to intimacy, or difficulties due to external stressors.

**Family Counseling:** Since S.E.E.K. Arizona specializes in serving families, we can offer separate therapists for all parties in a family, as well as a separate family therapist for family counseling. Family counseling is a method to develop and maintain healthy and functional family relationships. The goal is to identify and address problems in the family that could be emotional, psychological, or behavioral, by creating relational or behavioral interventions that address parenting, sibling, and other family stressors.

**Contact Us For More Information :**

**Phone: 480-485-5001 Email: [bhservices@seekarizona.org](mailto:bhservices@seekarizona.org) Website: [www.seekarizona.org](http://www.seekarizona.org)**

**Group Counseling:** A variety of group offerings promoting peer interaction through verbal communication to improve interpersonal effectiveness in the here and-now. Participants will explore strengths, values, and interests to develop insight into their identity and promote personal growth. The environment is support expressive, giving participants an opportunity to learn from each other.

**Teen Group Counseling for Social Skills:** This group is for high functioning teenagers ages 14-17 with a primary diagnosis of autism spectrum disorder and/or mood related disorders. The purpose of this group is to promote peer interaction through verbal communication to improve interpersonal effectiveness in the here-and-now. Participants will explore strengths, values, interests to develop insight into their identity and promote personal growth. The group is an open continuous group, weekly, with 60 min sessions.

**Young Adult Group:** This group is for high functioning teenagers ages 14-17 with a primary diagnosis of autism spectrum disorder and/or mood related disorders. This group focuses on helping individuals transition from adolescence into adulthood, with a focus on career planning, relationship facilitation, increasing executive level functioning skills, and improving emotional regulation skills. The group will be a 15 week program, weekly, with 60 min sessions.

**Please reach out to our scheduling coordinator for information on next steps, or regarding criteria for our programs. To ensure that we help find the right program for you, we can be reached at [Bhservices@seekarizona.org](mailto:Bhservices@seekarizona.org).**



*Conveniently Located  
In Mesa, Just South of  
US-60 On Alma School!*

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