

Therapeutic Approaches



Cognitive Behavioural Therapy (CBT)

People are characterized by how they think about the world; the way they think and interpret events leads to emotional responses.



Psychoeducation

The therapist teaches the survivor about the impact of trauma, common disorders associated with trauma and ways to cope.



Crisis Intervention

The goal is to help the client clarify the event, minimize the use of destructive coping skills and create productive coping techniques.



Client-Centered

The therapist establishes a warm, safe environment for the client by providing genuine empathy as opposed to strict advice.



Individual Therapy

Individual counselling for depression, stress, anxiety, anger management, women's concerns, teen challenges and personal development.



Narrative Therapy

Narrative therapy involves telling and retelling the story of a trauma in order to better understand it and work through the problems associated with it.

AERCs & Gloria Segovia



AERCs is the private practice of Gloria R. Segovia. Gloria has served the Caledon and Orangeville community for over five years. She has spent over seven years working as a counsellor and clinical social worker in a range of environments. She holds Master of Social Work degree from York University. She has worked with individuals with addiction and mental health challenges and individuals who experience trauma-based behavioural difficulties. Gloria takes pride in her ability to communicate effectively and adapt her style and techniques according to individual needs and personalities.

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Addiction
Emotional Recovery
Counselling Services

www.aercs.ca



AERCs is a privately run
therapeutic counselling centre
geared to addressing addiction
and mental health recovery.

About AERCs

Addiction Emotional Recovery Counselling Services (AERCs) provides mental health counselling to the Orangeville community. Our philosophy is client centered; we are happy to adapt our methods and therapeutic approaches to individual needs and experiences. AERCs can provide guidance on system navigation and advocacy, referrals and recommendations, addiction and mental health programming for women and mental health counselling for families.

Support Group



FREE

AERCs is offering a free monthly support group for women in recovery. This group is intended for women who have experienced some combination of addiction and mental health challenges.

Date & Time: First Friday of every month, 6:00 to 8:00 p.m. Location and contact information is on the back of this brochure.

Family Program

The Mental Health Family Program is a three-day retreat for family members and friends who support an individual experiencing a mental health issue. The program will

highlight current approaches to mental health and addiction and the implications for families and those who provide care. Through psychoeducation and group activities, carers will gain support and self-care strategies. The program fee is \$240.00 for one three-day retreat.



Anger Management

AERCs offers a three-day retreat anger management program. The program emphasizes building communication skills, anger management skills, mindfulness skills, the ability to identify triggers and the ability to regulate emotions.

The program teaches a variety of strategies, including meditation, breathing techniques, relaxation techniques, self-awareness, impulse control and the ABCs of Cognitive Behavioural Therapy (CBT). The program fee is \$230.00 for one three-day retreat.

Fees

Our clients pay privately and claim their fees on the extended coverage section of their insurance plans. Clients must inquire about their individual plans to determine their benefits entitlement. Employee benefits plans to not allow for direct billing. We provide clients with a receipt which can be used to acquire reimbursement.

Individual Therapy: \$120.00 per 50 minutes.
Couples Therapy: \$200.00 per 50 minutes.
AERCs offers a **free** support group for women in recovery.

For people with limited incomes, university students or teenagers paying out of pocket, we offer a **"sliding scale" fee arrangement**. Contact us for more information.

Confidentiality

Confidentiality is a core value of AERCs. It is paramount that clients feel able to talk openly and honestly during therapy. All information discussed will be kept private.

The professional code of ethics, under the Ontario College of Social Workers and Social Service Workers, clearly defines that all information shared by clients is confidential and will not be communicated, directly or indirectly, to anyone without informed and written consent. The law states that there are rare exceptions to this rule, which will be discussed during the initial consultation. Although therapy sessions will be kept confidential, clients are free to reveal anything discussed during therapy to their peers, friends and family.