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| **Treatment Modalities Across Sources** | |
| ***Draft Change Form*** | ***Psychology Today***  ***“Therapist Finder”*** |
| Behavioral Therapy | Cognitive Behavioral Therapy (CBT)  Dialectical (DBT)  Rational Emotive Behavior Therapy (REBT) |
| CBT |
| Dialectical behavioral therapy |
| Faith-based counseling | Culturally Sensitive  Christian Counseling  Multicultural |
| MAT for substance use disorders |  |
| Suboxone/Buprenorphine prescribing |  |
| Ambulatory detox |  |
| Applied behavioral analysis | Applied Behavioral Analysis |
| Play therapy | Play Therapy  Art Therapy  Expressive Arts  Dance/Movement Therapy  Sand Play |
| Transcranial magnetic stimulation |  |
| ECT |  |
| Hypnotherapy | Hypnotherapy |
| EMDR | EMDR |
| Couples therapy | Pyschobiological Approach Couple Therapy (PACT) |
| Family therapy | Family/Marital  Family Systems  Internal Family Systems (IFS)  Parent-Child Interaction Therapy (PCIT)  Structural Family Therapy |
| Group therapy |  |
| Neuropsych assessment | Neuro-linguistic  Neurofeedback |
| Pain management services | Somatic |
| Psychological assessment | Psychoanalytic  Psychodynamic  Pyschological Testing and Evaluation |

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| Modalities (Psych Today) without obvious groupings |

* AEDP
* Acceptance and Commitment Therapy (ACT)
* Alderian
* Attachment-based
* Biofeedback
* Brainspotting
* Coaching
* Compassion Focused
* Eclectic
* Emotionally Focused
* Existential
* Experiential Therapy
* Feminist
* Forensic Psychology
* Gestalt
* Gottman Method
* Humanistic
* Imago
* Integrative
* Interpersonal
* Intervention
* Jungian
* Mindfulness-based (MBCT)
* Motivational Interviewing
* Narrative
* Person-Centered
* Positive Psychology
* Prolonged Exposure Therapy
* Reality Therapy
* Relational
* Solution Focused Brief (SFBT)
* Strength-Based
* Supervision Services
* Transpersonal
* Trauma Focused