

How do I get a referral for Outpatient Psychotherapy?

You or your child can be referred for Outpatient Psychotherapy services:

- at the time of initial service assessment by the assessment clinician

OR

- by your case manager/service provider at any time during your services at RBHA.

CONTACT US

www.rbha.org

107 S. 5th Street
Richmond, VA 23219
804-819-4000

RBH RICHMOND
BEHAVIORAL
HEALTH



ARE YOU READY

TO LIVE YOUR BEST LIFE?



We're here to help.

**Outpatient
Psychotherapy
Services**

OUTPATIENT PSYCHOTHERAPY

What is Outpatient Psychotherapy?

Outpatient Psychotherapy (sometimes called talk therapy) refers to a variety of treatments that aim to help children and adults identify and change troubling emotions, thoughts, and behaviors that are impacting quality of living.

Outpatient Psychotherapy is designed to be time limited - typically 10-12 weekly sessions.

*I'm so glad I came.
It helps so much.*
~ RBHA OP Participant

What is Outpatient Psychotherapy? continued...

Treatment is provided utilizing a variety of evidence-based approaches, based on your clinical needs.

Outpatient Psychotherapy services are provided at community locations, schools, in our office, or by telehealth.

Outpatient Psychotherapy services can be a stand alone service or part of a comprehensive treatment plan.

Who is eligible for Outpatient Psychotherapy?

Adults or Children (age 2 years and older) who require treatment in order to sustain behavioral or emotional gains.

Some reasons why people come to therapy include experiencing problems or difficulty with:

- relationships
- dealing with authority
- hyperactivity
- poor impulse control
- clinical depression
- paying attention or concentrating
- learning
- mood regulation
- participating in social activities

*Therapy is a safe space where
you can be yourself without
being judged.*
~RBHA OP Participant