



# simplifying THERAPY



## SERVICES AVAILABLE

- **INDIVIDUAL THERAPY**  
comprehensive and integrated assessment towards balanced life.
- **COUPLES THERAPY**  
systemic approach produces attainable and time framed treatment goals.
- **FAMILY THERAPY**  
coaching intervention with a high degree emphasis in communication.
- **HEALTH MANAGEMENT**  
phased approach to therapy, portfolio of services, solutions, and technology.

## THERAPY SOLUTIONS FOR THE CREATION OF A BALANCED LIFE.

Managing a relationship is more than negotiating with a person. Often there is no long-term "connect" strategy nor an effective use of all applicable relationship building blocks.

A systemic practice and family therapeutic approach is needed; one where complex relationships and early intervention are considered as part of the final solution.

3-TierPLAN uses an integrated approach to identify and treat social issues that cause relationship dysfunction. It leverages "systems" theory to uncover differences or other social difficulties and offer personalized therapy in tiered relationship programs and services. It also makes use of newly available technology and social initiatives to achieve personal transformation.



**3-TierPLAN**  
therapy solutions