



Treatment outside-the-box

Online Mental Health Treatment

Why online therapy?

Carlson Counseling is a practice that operates solely online providing real-time/live therapy and mental health assessments using a secure and HIPAA-compliant platform. This saves you the hassle of having to commute to a more traditional office setting. You can receive treatment that is customized to your own scheduling needs and available in the comfort of your own home (or anywhere with adequate internet/Wifi or cell service). Connect using a laptop, desktop, tablet or smartphone. Therapy has never been more accessible or convenient than this!

About me

Opal Carlson, LCSW, LMSW - I am a Licensed Clinical Social Worker in the state of North Carolina and a Licensed Master Social Worker in the state of Michigan. I've been in practice since 2011 and have worked in a variety of settings with diverse groups of people. I deliver high-quality and effective online therapy to MI and NC residents – convenient and tailored to you. I specialize in trauma-related difficulties and particularly enjoy working with LGBTQ+ individuals.

Connect

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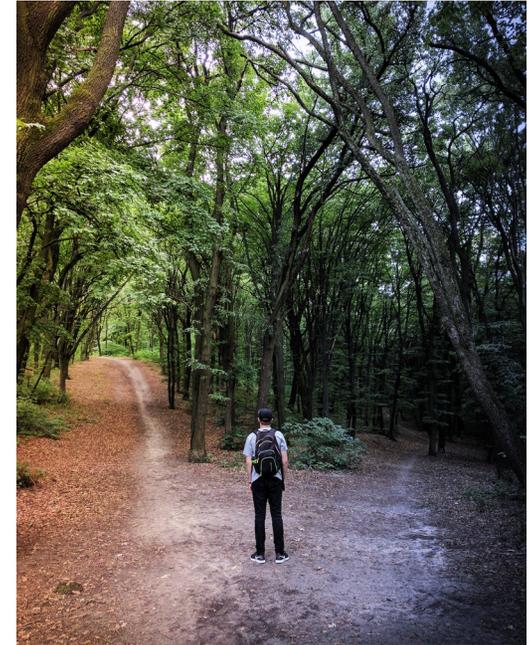
www.carlsoncounselingandwellness.com

Affirming, Welcoming & Inclusive

Everyone is welcome here and everyone belongs. I celebrate all races and ethnicities, all religions or lack thereof, all countries of origin, all gender identities, all sexual orientations, all abilities and disabilities, all ages...I stand here with you and you are safe here.



Carlson Counseling and
Wellness Solutions, PLLC



You got this...

CARLSON COUNSELING & WELLNESS SOLUTIONS, PLLC

*Online mental health treatment
for MI & NC residents*



Change how you look at things

Evidence-Based Treatments

Your treatment is tailored to your individual needs. I use a variety of person-centered approaches in my practice and am formally trained in:

- Cognitive Behavioral Therapy (effective for depression, anxiety, PTSD, etc.)
- Cognitive Processing Therapy (effective for PTSD and trauma-related difficulties [ages 18 and up])
- Dialectical Behavioral Therapy (very effective for personality disorders, as well as depression, anxiety, etc.)
- Trauma-Focused Cognitive Behavioral Therapy (effective for PTSD [ages 18 and younger])

Does therapy work?

Therapy is an investment you make into yourself – your quality of life and your overall well-being. Therapy can help you process and heal from trauma, become unstuck in life in general, make healthier choices, improve relationships...the opportunities for growth are endless. It is also a commitment on your part. A commitment to invest the time and energy, to do the work necessary to benefit from treatment. If you are ready to do the work, then you've found the right place to begin!

“The world breaks every one and afterward many are strong at the broken places.” - Hemmingway

Confidential, secure and private

I use Simple Practice for managing each client's electronic health record. This is also the platform used for video therapy sessions. Simple Practice is fully compliant with HIPAA privacy and security requirements and allows us to be paperless and organized.

Advantages of self-pay treatment

Insurance is a wonderful thing, but there are many advantages to private/self-pay including:

- 1) THE FREEDOM TO CHOOSE THE THERAPIST THAT IS RIGHT FOR YOU - many therapists no longer accept insurance payments due to low reimbursement rates, time-consuming paperwork, and arbitrary limitations that can be placed on the work we do, as such this may impact the quality of care that you can receive if you are only looking within an insurance network. Likewise, many insurances limit the number of providers per panel, so again you may miss out on the perfect fit.
- 2) CONTROL OVER YOUR THERAPY – most insurances limit the number of sessions allowable and/or the types of treatment they will cover.
- 3) CONFIDENTIALITY - insurance companies require documentation of diagnosis, symptoms, etc. and these details remain part of your medical record indefinitely which can interfere with future opportunities and even your coverage itself.

