



Psychological &
Academic Solutions

Psychological – Academic – Neuropsychological – Health – Consultation

LifeTrek is an established private practice providing psychological and academic services for Southwest Houston/Sugar Land/Stafford/Fort Bend. Our team of **Licensed Psychologists and Psychotherapists** represent the highest levels of training and licensure in mental health including **Trent Everett, PhD - Steven Coats, PhD - Gary Tipton, EdD - Amanda Barrow, PhD - Nancy Hernandez, MA, LSSP** - whose combined talents and experience provide a broad range of services for **diverse clients that range in age from toddlers to elderly mature adults**. Our services, many of which are available to persons who are **bilingual and/or Spanish-speaking**, include:

- Individual, Couple, Family, and Group Therapy
- Assessment – Psychological, Psycho-Educational, ADHD, Learning Disorders, PDD/Autism-Spectrum Disorders, and Neuropsychological
- Eye Movement Desensitization and Reprocessing (EMDR - highly effective treatment for trauma)
- Interactive Metronome Treatment (computer-administered training program to improve attention, focus, impulse control, as well as enhance academic, athletic, artistic, and work-related performance abilities)
- Bilingual psychological, psycho-educational, and developmental assessments; translation services that include academic and school-based needs such as ARDS, teacher and parent consultation, and training
- Educational/Behavioral Supports, Professional Training (behavior management – ethics – positive behavior supports), Program Evaluation, and Consultation Services with parents and school districts regarding critical and disputed cases involving disabilities
- Professional development training in Classroom Management, Facilitating ARDs, Developing FBAs/BIPs, Ethics, & Inclusive Education
- Community Involvement – Extensive experience conducting teacher and parent educational and training workshops, public presentations on a wide variety of academic and psychological topics of interest, “brown bag” and Q & A sessions for parents and others in schools, churches, civic organizations, and various special needs support groups
- Previous experience and an approved provider working with children, families, and adults affected by Hurricanes Katrina and Rita through the **Red Cross Emotional Support Recovery Program** (formerly Access to Care) and through direct referral to our practice

Specific Areas of Interest:

- Attention-Deficit/Hyperactivity Disorder
- Learning & Developmental Disabilities
- Oppositional/Defiant and Conduct Disorders
- Adolescent and Teen Depression & Anxiety Disorders
- Stress Reduction & Coping
- Grief and Mourning Resolution
- Trauma Resolution
- Pediatric and Geriatric Neurological Assessment
- Coaching youth and adults in self-management, problem-solving, social and stress management skills
- Successful Adjustment to Significant Life Transitions (elementary to secondary to post secondary education levels, difficult launchings into adult life, career change, marriage, childbirth)
- Bilingual Academic Services

Client Advantages:

- 24 hour, 7 days a week crisis care service and access to therapists
- Convenient location near Beltway 8 and Highway 59
- Sliding Scale Fees available
- Call for details about a free 30-minute in-office consultation

CONTACT INFORMATION

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