



Psychological &
Academic Solutions

Psychological – Academic – Neuropsychological – Health – Consultation

Services for Persons Affected by Hurricanes Rita and Katrina

LifeTrek is an established private practice providing psychological and academic services conveniently located near the intersection of HWY 59 and Beltway 8 serving 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, Couples, Family, and Group Therapy
- Experience working with persons affected by Hurricanes Katrina and Rita through the **Red Cross Emotional Support Recovery Program** (formerly Access to Care) and direct referral
- Psychological, Psycho-educational, and Neuropsychological Evaluation
- 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 academic, work, and other performance-related 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

Specific Areas of Interest:

- Depression & Anxiety – child, adolescent, teen, and adult
- Stress Reduction & Coping
- Grief and Mourning Support/Resolution
- Trauma Resolution
- Teen and Adolescent Oppositional-Defiant and Conduct Disorders
- Attention-Deficit/Hyperactivity Disorder; Learning & Developmental Disabilities
- Life Transitions – aid in adjustment to significant changes, periods, or events

Client Benefits:

- 24 hour, 7 days a week crisis care service and access to therapists
- Free 30-minute in-office consultation – call for details
- Sliding Scale Fees available

Intake Process:

- Call or come by our office to schedule an initial consultation.
- We invite clients to complete intake background information to plan services to meet your needs. Clients may receive intake forms by mail; come by our office; or, arrive approximately 90 minutes before your appointment to complete this information.
- Using the client's Identification Number (ID) provided by the Red Cross, **LifeTrek** will handle all matters related to billing so clients may focus on their work toward achieving well-being.

11104 W. Airport Blvd, Ste. 135
Ph: 832-328-0008

www.lifetrek solutions.com

Stafford, TX 77477
LifeTrek@msn.com