

ALLIANCE FOR COLLABORATIVE CARE

The Alliance for Collaborative Care is a group of medical and mental health professionals dedicated to providing patients with comprehensive care with the goal of increasing their treatment outcomes. Our goal is to provide therapeutic support to the patient while providing feedback to the practitioner regarding the efficacy of the medical treatment.

It is our belief that (for certain disorders) medical treatment, combined with psychotherapy provides the most positive outcome for the patient. Some of these disorders include depression, anxiety, fibromyalgia, chronic pain, and psychotic disorders.



Coastal Counseling

If you are interested in being a part of the Alliance for Collaborative Care and working with a network of local psychotherapists, psychiatrists, medical doctors, nurse practitioners, and alternative health care professionals, please contact us for more information at:

info@coastalcounselinggroup.com
or **(888) 470-4415**





Current research supports the increased efficacy of the combined use of medication and psychotherapy to treat mental illness and some medical issues. Under the affordable care act, more individuals will have access to comprehensive medical and mental health services, giving them the opportunity to receive more effective treatment.

Join the growing number of professionals that recognize the overall health and mental health benefits that psychotherapy offers the medical practitioner, the individual patient, and the community.

ABOUT COASTAL COUNSELING

Led by Dr. Jennifer Semmes, Coastal Counseling is a team of therapists with a variety of therapeutic experiences, expertise, and well-developed skills. Our therapists are highly trained in cognitive behavioral therapy, EMDR, addiction, couples therapy, emotionally focused therapy, eating disorders, issues related to childhood trauma, and methods associated with the treatment of pain disorders, or somatoform disorders.

coastalcounselinggroup.com | (888) 470-4415
2910 Jefferson Street Suite #201 | Carlsbad, California, 92008