

More Outpatient Mental Health Supports are **NOW AVAILABLE** on Chicago's South Side!

TRILOGY provides an array of outpatient services, including educational, social and psychotherapeutic groups, to help you manage symptoms, develop coping and vocational skills, and improve social functioning.

Trilogy is now providing individual and group therapy at our NEW location in the Chatham neighborhood.

- ✓ Located at 8541 S. State Street, Chicago.
- ✓ Medicaid accepted.



We offer:

- Cognitive Behavioral Therapy (**CBT**), a skills-based, problem-focused treatment intervention that supports clients to identify & modify negative patterns of thinking and respond to situations more effectively. CBT is effective in the treatment of anxiety, obsessive-compulsive disorder, post-traumatic stress disorder, and depression.
- Integrated Dual Diagnosis Treatment (**IDDT**) supports people with mental illness and substance use issues.
- Trauma Therapy helps clients address the initial shock & crisis of a traumatic event, process their trauma, and move towards life balance.
- Eye Movement Desensitization & Reprocessing (**EMDR**) is a therapeutic approach that helps clients re-process traumatic memories in a way that is less disturbing and disruptive to their lives.
- Dialectical Behavioral Therapy (**DBT**), a form of CBT, helps clients manage intense feelings and emotions. DBT approaches support clients to expand their range of responses to difficult or painful feelings. There are four primary modules of DBT: core mindfulness, interpersonal effectiveness, distress tolerance and emotion regulation.

TRILOGY Mental Wellbeing

For information, please reach out:
773 382 4060 • intake@trilogyinc.org
TrilogyInc.org