



## Cleveland Clinic Center for Functional Medicine

## Becoming a Healthier You

Holistic Psychotherapy can help

At the Center for Functional Medicine we recognize that the mind-body connection is real. When we are faced with emotional challenges, our physical well-being can be compromised. This is why we offer Holistic Psychotherapy as part of our overall suite of services.

Our goal is to help patients enhance their life skills so they can build resilience to:

- Constant stress
- Grief and loss
- Lifestyle changes/Loss of family support
- Anger issues
- Work-related stress
- Self-esteem issues
- Phobias
- Anxiety
- Depression
- Relationship/Marital issues
- Abuse/Domestic violence
- Parenting struggles
- School issues
- Adjustment disorder
- Behavioral issues

We sometimes struggle with these issues, which can lead to depression, anxiety and the feeling of isolation. Working with a behavioral health therapist can help you build a better sense of self resulting in improved self-esteem, wellness and stronger familial and social relationships.

### Making an appointment

If you are struggling with life stressors that are affecting your health, now is the time to take advantage of Holistic Psychotherapy. Based on patient preference, we offer Behavioral Health Therapy in two settings:

1. One-on-one in-person therapy sessions
2. Virtual visits, which leverage technology so you can have a therapy session in the comfort of your home. (Availability may be limited)

Your Functional Medicine provider may suggest Holistic Psychotherapy, or you are welcome to ask any of your Functional Medicine providers about this service. We will work with you to find the most convenient place and time for your appointment.

To schedule an appointment today, call 216.445.6900, select option 1.