



Williamsville Wellness

OUR TREATMENT MODALITIES FOR RECOVERY SUCCESS



Our therapists are trained in:

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavioral Therapy (DBT)
- Narrative Therapy
- Eye Movement Desensitization and Reprocessing (EMDR)
- Person-Centered Therapy (PCT)
- Internal Family Systems (IFS) therapy
- Schema Therapy
- Trauma-informed therapy
- Motivational Interviewing
- Solution-focused therapy

We have a 1:1 staff-to-patient ratio paired with 8-10 individual therapy sessions per week, meaning patients get significant exposure to all of the modalities listed above.



Got Referrals? Call Now.
804-531-3325



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LEARN MORE**