



# COUNSELING SERVICES FOR OPTIMAL RECOVERY

Reaching your short-term rehab goals can be more than just a physical challenge, it can bring mental obstacles as well. EncompassCare's professional counselors at The Manor at Perrysburg can help you reach your recovery goals with a variety of counseling techniques customized for you.

**Many patients experience anxiety when going through rehab, our counselors can help improve symptoms through:**

- Guided Imagery
- Breathing Techniques
- Desensitization
- Calming Techniques
- Family Involvement for Encouragement
- Improve Positive Self Talk
- Cognitive Behavioral Therapy
- Social Engagement



THE MANOR  
AT PERRYSBURG

*a tradition of caring*

 **EncompassCare**  
*Therapy creating positive impact*

# WHAT OUR PATIENTS ARE SAYING ABOUT US:

"Working with a counselor prior to my therapy sessions allowed me to focus through therapy. I used breathing techniques I learned to help me calm down when I was nervous completing a new exercise or trying new equipment. The most important goal for me working with a counselor was to be given tools to use during therapy because I didn't want to stay the same. I wanted to be able to walk more and be with my family. I truly enjoyed the therapists, we had fun together, but when it came time to push me to do more, they helped me work through it."

- Pat, Previous Patient at The Manor at Perrysburg



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