



# CENTER FOR FAMILY AND COUPLE THERAPY

## ABOUT OUR CENTER

The CFCT is a comfortable therapy center located on the campus of Colorado State University that has been providing therapeutic services in Northern Colorado since 1991. Our therapists use evidence-based therapies to treat a wide range of individual, couple, and family issues. Our therapy is brief, strength-based, and solution-focused.

When you call, we will conduct a brief phone intake and schedule your first appointment as soon as possible. Morning, afternoon, and evening sessions are available for your convenience.

We welcome all clients regardless of race, gender, class, sexual orientation, ethnicity, age, ability, family form, relational status, religion, or presenting problem.

## BENEFITS OF CFCT

### AFFORDABLE

- Sliding fee based on income and family size, ranging from \$25-\$80
- Reduced rates for full-time CSU students carrying at least 6 credit hours, CSU Employees and their families, and enrolled Campus Connections youth
- Approved Medicaid Provider

### CONVENIENT FOR BUSY FAMILIES

- Open during daytime and evening hours
- Located on the CSU campus with free parking at the entrance of our building
- ADA compliant

### THERAPEUTIC TEAM AND TRAUMA INFORMED APPROACH

- Collaborative approach that utilizes the perspective of a team of therapists and experienced supervisors
- Our team is trained and experienced in providing trauma-informed care

### CONFIDENTIAL SERVICES

- The CFCT takes your privacy seriously
- All communications and records are maintained under the strictest confidentiality guidelines

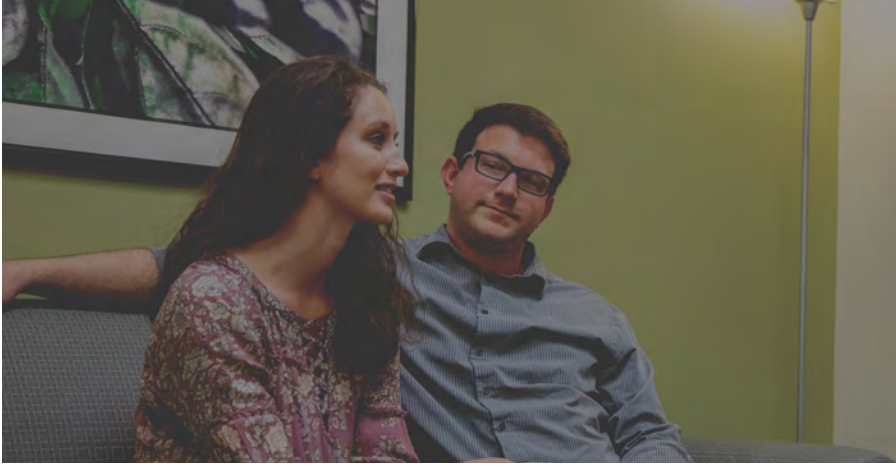


970-491-5991  
CFCT@colostate.edu  
Visit us online at the  
QR code on the left



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COLORADO STATE UNIVERSITY

119 Gifford Building  
502 W Lake St.  
Fort Collins, CO 80523



### **FAMILY THERAPY**

Families can be defined in many ways, and family therapy is an ideal setting to resolve many relationship concerns. These may include general family relationships and behavioral patterns, parenting concerns, navigating life changes, issues related to at-risk or delinquent youth, communication, conflict, grief and loss, abuse, sibling issues, relationship enhancement and repair, divorce, stepfamilies, drug or alcohol abuse, and more.

### **COUPLES THERAPY**

Couples therapy can assist partners in all stages and types of relationships with issues related to conflict and communication, intimacy, including sexual difficulties, and relationship satisfaction. We offer pre-marital and couples enrichment as well as therapy for couples who are divorced, remarried, not married, co-parenting, or in step-families. We welcome every type of couple into the CFCT.

### **INDIVIDUAL THERAPY**

A wide variety of issues can be addressed in individual therapy, including motivation, self-esteem, parenting, anxiety, depression, mood disorders, addictions, eating disorders, self-harm, suicidal thoughts, abuse, grief and loss, and social skills, just to name a few.

### **GROUP THERAPY**

We offer opportunities for group therapy about many different topics. Call for more information.

## **OUR SERVICES**

Individual, couple, family, and small group therapy (or a combination of these) are widely recognized as effective approaches to resolve problems, issues, behaviors, troubling thoughts and emotions, and relationship concerns.

The CFCT uses evidence-based programs to help you strengthen relationships, reach your goals, and increase happiness.

### **THERAPISTS**

Therapy services are provided by graduate students in the Marriage and Family Therapy Program under the supervision of program faculty. Therefore, clients benefit from the focused attention and combined experience of their therapist and clinical supervisor. Therapists and supervisors are aware of the current challenges faced by families as well as leading approaches for effectively responding to those challenges.



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