

Our Clients...

At Tangen Counseling, we believe that anyone who desires a positive change in their life and is ready to explore their substance use should have the opportunity in a safe and supportive environment. We specialize in the following populations:

- Young adults
- Codependency / family members struggling to cope with a loved one's substance use
- History of trauma
- Complicated family dynamics
- Gender specific
- Involvement with the criminal justice system
- Impaired professionals



**Substance Use Counseling
and Outpatient Treatment Services**

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Counseling Services...

Our therapeutic approach to serving our Clients is eclectic and dependent on individual needs. Modalities range from Motivational Interviewing, Cognitive Behavioral Therapy, DBT / Mindfulness Skills Training, Person Centered, Gestalt, 12 Step Facilitation, EMDR, etc.

Specialties Include:

- Substance Use Disorders
- Trauma
- Codependency
- Chronic Relapse
- Family Conflict

We also work on Anger Management, Anxiety, Coping Skills, Self Esteem, Stress, Grief, Dual Diagnosis, and many other areas.

*Counseling is offered for
individuals, families,
and couples.*

Formal Substance Use Assessments

We utilize a Comprehensive Bio / Psycho / Social Assessment along with various other screenings to determine severity of presenting problems along with determination of level of care needs.

Outpatient Substance Use Treatment Services...

We currently offer a wide variety of out-patient substance use groups including gender specific and trauma informed. All of these groups are two hours each and occur on a weekly basis. Depending on the specific group, the treatment duration is anywhere from 15 - 32 weeks and all based on assessment and individual need.

Helping Women Recover

Helping Men Recover

Mindfulness Based Sobriety
(targeting relapse prevention skills)

Seeking Safety

Living in Balance

**A Client may be assessed as needing additional support and placed in more than one Outpatient Group to provide increased support and treatment.*

Intensive Outpatient Substance Use Program...

IOP is held three days a week for 3 hours each session. Additionally, Individual and Family Counseling occur the duration of time the Client is enrolled in treatment. IOP follows evidence-based practices and treatment is individualized for each Client we serve. Clients establish a plan for recovery and care coordination is included when appropriate such as referrals for wrap around services like Individualized MAT (Medication Assisted Therapy).

Level II DUI Treatment...

Level II Education is 24 hours of DUI education over 12 weeks. Treatment is conducted in a group setting with no more than 12 Clients. Level II Education can be recommended by itself or may be followed by Level II Therapy.

When Level II Therapy is required, it follows Level II Education and a Reassessment. Therapy varies in length from 5 to 10 months.

TRACK A – 42 hours over 21 weeks
TRACK B – 52 hours over 26 weeks
TRACK C – 68 hours over 34 weeks
TRACK D – 86 hours over 43 weeks
Groups are \$35 per session.
They are 2 hours once per week.

