



The Julian Center The Counseling Center

The Counseling Center offers therapeutic counseling to women and children experiencing life difficulties, especially those who are survivors of abuse and assault.

To help make counseling affordable for everyone, we accept Medicaid, Medicare, and most insurance. For those without insurance, we offer a sliding scale based on household income and number of dependents.

Treatment Philosophy

Whatever your needs may be, you can share your thoughts and feelings with a skilled, licensed mental health professional at our Counseling Center. The experience of trauma in one's life often leaves a person overwhelmed by feelings of isolation, distrust, anger, guilt, depression and loss. Our treatment programs range from short-term counseling for victims of sexual assault to longer-term therapy, proven necessary and effective for many trauma survivors. These programs help to rebuild self-esteem and enhance personal effectiveness.

SAFETY FIRST!
IF YOU ARE EVER IN IMMEDIATE DANGER, CALL 9-1-1

Any responding law enforcement officer can arrange for you and your children to be transported to a safe shelter.

THE JULIAN CENTER CRISIS HOTLINE
(317) 920-9320
AVAILABLE 24 HOURS A DAY

Visit www.juliancenter.org/CounselingCenter for more information about our therapy programs.



The Julian Center
2011 N. Meridian St.
Indianapolis, IN 46202
www.juliancenter.org
Administration 317.941.2200
Reuben Counseling Center 317.924.7010
Shelter 317.920.9320
Fax 317.941.2209

Working today for a safer tomorrow

The Julian Center Sara I. & Albert G. Reuben Counseling Center



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TYPES OF THERAPY OFFERED

Group Therapy

The Julian Center offers a variety of specialized groups to meet the needs of our clients. All group members must also be engaged in their own counseling as part of the group treatment program.

Contact the Reuben Counseling Center for dates and times of current therapy groups or visit www.juliancenter.org/CounselingCenter for more information.

Individual Therapy

The Reuben Counseling Center has therapists with a variety of skill sets and specialties including bilingual and children's therapists.

Therapists offer individual counseling for residents of The Julian Center and members of the community.



Family Therapy

Mothers who have been victims of domestic violence often need help learning how to appropriately parent their children.

Family therapy offers children and their mothers the opportunity to work through issues together in order to strengthen familial bonds.

Art Therapy

By the spring of 2011, our Art Therapy program will triple in size allowing us to serve residents of The Julian Center and clients from the community.

This program allows clients to:

- Powerfully express the impact of abuse on their lives

- Envision their own unique healing process

- Find ways to transform traumatic images and negative self-perceptions

- Express feelings and experiences through art media

- Work creatively with the wounded dimensions of their lives—body mind and spirit

Play Therapy

Allows children to benefit from therapy using a child-friendly "language"

Student Training

Practicum experiences for individuals pursuing a doctorate degree in psychology or related field

The Julian Center partners with Indiana University School of Medicine Department of Psychiatry to offer an eight month rotation at the Reuben Counseling Center.

Outreach Services

Clients can receive help from an outreach service provider who is trained in a variety of areas including: completing a safety plan, filing Protective Orders, applying for benefits, searching for employment and housing and meeting basic needs.

If you are interested, please ask for a Counseling Center application or call (317) 941-2200.



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