Our Values

Our highly skilled clinicians embody values that center on caring and empowering people. These values are the foundation of Innerspace Counseling and they lay the path for your journey toward holistic wellness.

We EMPOWER

E mpowering
M otivating
P ositive
O bservant
W elcoming
E ncouraging
R esponsive

We CARE

C aring
A ttentive
R espectful
E mpathetic



Insurance

Innerspace Counseling is in network with most major insurance including:

- Aetna
- Amerihealth
- Anthem
- Beacon
- BC/BS
- Cigna
- GHI
- Horizon
- Magellan
- Multiplan
- Optum
- Oxford
- Qual Care
- UHC Student Resources
- United
- UMR
- Value Options

Contact Us

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Innerspace
COUNSELING



New Jersey's Premiere Intensive Mental Health Program Specialist

Specialized Intensive Outpatient (IOP) & Partial Hospitalization (PHP) Programs treating children 8+, teens, and adults for:

- General Mental Health
- OCD & Anxiety
- Perinatal Wellness



Our Approach

Our elite team of board-certified psychiatrists and master's level mental health clinicians provide high quality, individualized care that creates lasting change during and after treatment.

Our vision is to achieve holistic wellness for all. We provide evidence-based treatment with a system based, collaborative approach that provides empowerment & balance to the lives of our clients for long term wellness.

We Treat

- ADHD
- Agoraphobia
- Anger Issues
- Anxiety
- Bipolar Disorder
- Depression
- Emetophobia
- Grief
- Mood Disorders
- Obsessive Compulsive Disorder (OCD)
- Perinatal Mood Disorders
- Personality Disorder
- Postpartum Depression
- Relationship Issues
- School Refusal & Poor Performance
- Self-Harm Behaviors
- Social Conflicts
- Stress & PTSD
- Suicidal Ideation
- Trauma
- Workplace Pressures

"The therapists saved my life."
-from a Patient Survey



Our Services

Specialized Intensive Outpatient (IOP) & Partial Hospitalization Programs (PHP) for:

- General Mental Health
- OCD & Anxiety
- Perinatal Wellness (pregnancy & postpartum)

Programs Include:

- Individualized Assessment
- Personalized Treatment Planning
- Individual Counseling
- Group Therapy
- Medication Counseling
- Family Sessions
- Educational Services (Teen PHP only)
- Convenient in person & virtual options
- Collaborative Care with other providers

Specialized Treatment Modalities (included but not limited to):

- Dialectical Behavior Therapy (DBT)
- Exposure Response Prevention (ERP): The Gold Standard for OCD Treatment
- Brainspotting Sessions (as needed & upon assessment)