

Agos Diwa Mental Health Services:



Individual Therapy/ Coaching

Individual therapy with Agos Diwa practitioners are by appointment

- Individual psychotherapy (adult) with licensed psychologist
- Child and Adolescent psychotherapy with licensed psychologist
- Individual Coaching Sessions
- Consultations are hybrid (online or onsite)

Psychiatric Consultation

- Agos Diwa psychiatrists are Fellows of the Philippine Psychiatric Association (PPA).
- Consults are by appointment, hybrid set-up.
- Subspecialty consult: Addiction Psychiatry

Specialized Coaching Interventions

- Couple's Interpersonal Effectiveness Coaching
- Family Interpersonal Effectiveness Coaching
- Acceptance and Commitment Therapy

Mental Health Workshop/ Program Development

Experts at Agos Diwa & Agos Diwa network of consultants can help your institution develop programs and targeted workshops to meet company needs for workplace/school mental health.

- Mental Health lecture/ lecture series for corporations/ institutions/ employee assistance
- Development of Mental Health Program
- Capacity building workshops for psychosocial support and leadership development.
- Mindfulness Based Stress Reduction for lay/ companies (4 sessions or 8 sessions)
- Critical Incident Stress Debriefing (group)
- Coaching workshops for capacity building

Intensive, Structured Therapy Programs

See our brochures for more details on these evidence-based, clinically recommended, therapy interventions.

- **Dialectical Behavioral Therapy (DBT):** Full program (15 wks) as developed by Marsha Linehan. Full program includes: A) skills training (mindfulness, emotion regulation, distress tolerance, interpersonal effectiveness), B) individual DBT therapy and C) phone coaching. Delivered in both onsite and online format.
- **Mindfulness Based Cognitive Therapy (MBCT):** Full 8-session mindfulness-based intervention program designed to compliment psychiatric treatment for common psychiatric symptoms, to help lessen symptom intensity and to help promote relapse prevention. Delivered in online OR onsite format. This is a certification program (pre-requisite/ step 1 for teacher certification, for those interested to train further).
- **3-hour Mindfulness Based Silent Retreat:** designed for deepening of mindfulness practice. Comes with certificate for those who would be going to further training. FREE for those enrolled in MBCT.



support@agosdiwamentalthservices.com



+639681171515



<https://www.facebook.com/AgosDiwaMentalHealthServices>
<https://www.agosdiwamentalthservices.com/>