Now Accepting Referrals!

Outpatient Therapy

KVC Kentucky
We all need connection.

Professional, discreet, diverse, and trauma-informed care to help those in need.



KVC's Outpatient Therapy program is an opportunity to work one-on-one with a licensed Behavioral Health Professional to process and work through barriers that arise in life. Our trauma-informed approach understands and responds to the impact of trauma on people's lives and promotes healthy communication, establishes coping skills to handle stressors encountered in life, manages and regulates emotions, and works through any other mental health and substance misuse.

Services available through the KVC Outpatient Program:

- Psychiatry
- Targeted Case Management
- Psychotherapy
- Family Therapy

Our safe, caring and inclusive professionals treat children, adolescents and adults in their natural environment with interventions targeted at their specific needs. KVC professional staff are trained in a number of industry-leading evidence-based practices which will structure the individualized approach given to each patient. Here is a short list of evidence-based practices incorporated on a daily basis at KVC:

- Trauma Focused CBT (TF-CBT)
- Motivational Interviewing
- Child – Adult Relationship Enhancement (CARE Skills)
- Dialectical Behavioral Therapy (DBT)
- Nurturing Parenting Program
- Trauma Systems Therapy (TST)
- Eye Movement Desensitization and Reprocessing (EMDR)

Telehealth options are available for convenience and comfort.

Give us a call at 859-254-1035 and speak to one of our intake professionals to determine if outpatient-based therapy services are needed.

www.kvckentucky.org/outpatient-therapy