

About Serenity Now



Our staff of licensed psychiatrist, psychiatric nurse practitioner, licensed mental health counselors, licensed clinical social workers, marriage and family therapist, and licensed clinical addiction counselors provide a broad range of services to those in need.

Serenity staff members are licensed at the highest independent level of their profession.

Our Vision Statement

Providing innovative solutions to complex problems, we work with community partners to build a safe, strong, and healthy Lawrence County.

Serenity Now Psychiatric and Counseling Services

2125 16th Street Bedford, Indiana
47421

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Serenitynowclinic.org
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F: 812-275-5494



Serenity Now
Psychiatric and Counseling
Services
812-275-4053



Dr. John Eckard
Clinical Director

Counseling

Serenity Now Counseling Services can help you find a path toward resolution and relief with counseling and in-depth psychotherapy services.

Our therapists are trained in a variety of evidence based therapies such as Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and Eye Movement Desensitization and Reprocessing (EMDR.)



"Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, 'I will try again tomorrow'" ~

Mary Anne Radmacher

Healing is a matter of time, but it is sometimes also a matter of opportunity.

Hippocrates (460 BC - 370 BC)



Therapeutic Services Offered

- Individual Therapy
- Family Therapy
- Addictions Counseling
- Trauma treatment
- Treatment focusing on concerns of the LGBTQ+ community
- Medication management with focus on depression, bipolar disorder, anxiety disorders including generalized anxiety disorder, social phobia, panic disorder, OCD, PTSD

Our Mission

Our Staff at Serenity Now are dedicated to helping clients discover and utilize their inner strengths. Our philosophy respects the integrity of each individual and his or her ability to grow.

We accept most insurance policies, and are fully accessible. All services are provided without regard to sex, race, color, or religion.

We provide individual and family counseling in a warm and welcoming environment that is safe and comfortable for both adults and children.

- Therapeutic Services available for ages 6 and up
- Psychiatric Services available for ages 12 and up

- **CBT** can help you manage your problems by changing the way you think and behave. It cannot remove your problems, but it can help you manage them in a more positive way.
- **DBT** emphasizes validation, or accepting uncomfortable thoughts, feelings, and behaviors instead of struggling with them. Therapy focuses on finding balance between acceptance and change, as well as developing new skills to improve unhealthy thoughts and behaviors.
- **EMDR** is a type of therapy specifically developed to help people who have experienced traumatic events. It is most commonly used to treat people suffering from Post-Traumatic Stress Disorder (PTSD). EMDR involves your therapist asking you to think about the traumatic event while using bilateral stimulation, such as following the movement, side to side, with your eyes.
- **Addictions counseling**'s main purpose is to address the underlying causes of the disease and to prevent them from causing relapses. There are several methods utilized in addictions therapy.