

Areas of Expertise

At Renewed, we incorporate daily holistic practices in our treatment plans with clients that include psycho-education, neuroeducation, nutritional habits, sleeping patterns, exercise, mindfulness & meditation, prayer, bibliotherapy, and artistic expression.

Evidence-based practices include cognitive behavioral therapy, Christian counseling, Trauma-Focused therapy, EMDR, and more.

Specialization

Anxiety, Depression, ADHD, Combat and non-Combat PTSD, Abuse Recovery, Self-Esteem, Stress management, Body Image Issues, Relationship Conflicts, Grief & Loss, Life Transitions, Parenting Issues, Post-Partum Concerns, Family Conflicts, Woman Issues, and more...

Learn more about our services
by visiting www.renewedic.com



Call For A Free Consultation

Contact Us

Call : (813) 444-7116
Text : (813) 942-3717
Fax : (813) 537-8580
Email : info@renewedic.com

*Most major insurances accepted.
*Teletherapy Offered.
*Servicios en Español

The Compassion Team

The compassion team at Renewed is made up of a group of highly talented and qualified licensed professionals who build safe and trusting relationships with clients, meeting them where they are.

Our team engages in continued professional development throughout the year to stay up to date on the most effective intervention strategies for improving the lives & mental health of our clients.

“Let’s heal the emotional wounds of our past & find purpose in our future.”

- Renewed Integrative Counseling Founders



WELCOME TO RENEWED

We invite you into a journey where you can heal from hurtful life experiences, strengthen self by developing effective coping skills, grow healthy relationships, and live each day with purpose!

Renewed Integrative Counseling is a Christian-Based practice that implements an integrative and biblically-informed approach to mental health care that fosters emotional, physical, and spiritual health, leading to effective long-term wellness.

OUR SERVICES

Individual Therapy

Individual therapy provides an opportunity for people to reflect on their life experiences. By collaborating with a therapist, one can identify what is working well, what areas of life could use more attention, and what changes need to be made. The journey inspires one to explore thoughts, feelings, habits, and experiences to gain a transformative & renewed quality of life.

Couples Therapy

Couples therapy offers a confidential space where partners are able to explore how the relationship began, what transitions they have been through, and determine areas of needed improvement to the relationship. We see couples who are dating, engaged, or married,

Family Therapy

Family therapy sessions can teach families how to deepen connections, communication, and get through stressful times. Therapy can address specific issues such as marital problems, financial stressors, child & parent conflicts, parenting styles, and the impact of substance abuse or mental health challenges on the entire family.

** We additionally offer: Support Groups, Therapeutic Counseling, SYMBIS Pre-Marital Program, Gottman Couples Therapy Program, ART & EMDR Therapy, SOUND MIND® Kids Program, & Ministry Mental Health Workshops.