

HEALTHYBALANCE

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Contact us at
(207) 262-9009

6 State Street · Suite 208 · Bangor, Maine · 04401
Fax (207) 262-9008
www.doctorselby.com

SPS SELBY Psychological Services

Selby Psychological Services provides comprehensive mental health services for people of all ages. We practice from an evidence-based model which means that the treatments we utilize have been established in psychological research as being effective forms of treatment. Additionally we practice from the client-directed, outcome-informed (CDOI) model which allows you to set the pace and the tone of treatment so that you receive the services that will benefit you the most. The CDOI approach also allows us to make changes if it is determined that current treatment is not meeting your needs.



SELBY PSYCHOLOGICAL SERVICES

Caring Psychological Services for All Ages



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HOW CAN WE HELP?

Helping you find the right balance.



SELBY PSYCHOLOGICAL SERVICES



Selby Psychological Services can help you identify and successfully manage the ups and downs in life that can interfere with your ability to lead a healthy, happy, and satisfying life.

INDIVIDUALS

Individual psychotherapy for adults or children provides services to address the unique needs of you or a loved one in a warm and productive atmosphere.

COUPLES/FAMILIES

Couples and Family counseling can give you the tools you and your loved one(s) need to effectively problem-solve and enhance your relationships.

WORKSHOPS

Workshops and other speaking engagements allow your organization to provide assistance to large groups of people with a shared concern.

HELPING YOU FIND A HEALTHY BALANCE.

We often find ourselves coping with a variety of events that we encounter in life, some of which we are able to handle with little or no effort; others leave our heads spinning or cause significant disruption in our lives. This is typically a sign that we may need assistance to effectively cope with life's ups and downs.

STRESS

Stress simply refers to "change" that takes place in our lives and can be good or bad. What tends to overwhelm us when we declare we are "stressed" is not the stress itself, but how we cope with stress. Allow us to help you develop your coping skills so that stress no longer rules your life.



RELATIONSHIPS

Relationships are an important part of our lives. Our relationships can help us cope in times of need, and sometimes they can be a source of distress. Whenever we find that our relationships are less than satisfactory and everything we have tried has not helped, it may be time to ask for assistance. Selby Psychological Services can help you individually, as a couple, or as a family unit to identify and manage behaviors and ways of communicating that can impair your relationship satisfaction.

ANXIETY AND DEPRESSION

At times in our lives we can become so overwhelmed by our circumstances that we have difficulty concentrating and fulfilling our responsibilities. Or, we may be able to accomplish what we need to, but it takes an inordinate amount of effort to do so. Please call for assistance so that you no longer have to suffer and you can begin your journey to feeling more at peace with yourself and your life.

SPECIALTY SERVICES

Selby Psychological Services can also provide specialty services designed to assist children, those struggling with substance abuse & addiction and those

*"Health is the thing that makes you feel that now is the best time of the year."
Franklin P. Adams*

who are living with chronic pain. If you or a loved one can benefit from specialty services, please call to schedule an appointment and let us know how we can help.

VISIT OUR WEBSITE

We have designed our website to be informative and interactive. At www.doctorselby.com you will find fact sheets on a wide variety of topics, an online service call "Dr. Selby Says", a seasonal newsletter entitled "Healthy Balance", a map & directions to our offices, and much more!



Call today for more information or to make an appointment.
(207) 262-9009