

Who We Are

Midwest Center for Psychotherapy and Sex Therapy (MCPST) is an outpatient mental health clinic established in 1973. MCPST is dedicated to providing quality mental health and evaluation services to individuals of all ages, couples and families. We address:

- Life problems
- Mental health concerns
- Sexual health related issues

The therapists have specialized training and expertise in a wide range of areas. In addition to providing psychotherapy services, we provide psychological evaluations and consultations to other professionals and professional agencies; and help coordinate services with other professionals to enhance treatment.

Mental Health Services

People often find they need help with emotional, behavioral, relationship and life changes. Our therapists have considerable experience helping adults, teens, children, couples and families to identify problem areas, to develop realistic goals and to facilitate change.

Therapists work with individuals, couples and families experiencing:

- Depression
- Anxiety
- Adult Children of Alcoholics issues
- Relationship issues
- Low self-esteem
- Grieving or loss
- Work stress
- Divorce or loss of a relationship

Child, Adolescent and Family Services

Children and adolescents can experience stress in their family, school or community. A child or adolescent may experience family stresses such as parental conflict, substance abuse or domestic violence. They may also face individual challenges with depression, anxiety or behavior management.

A number of therapists at MCPST have advanced training and skills in helping children, adolescents and families with:

- Emotional and mood concerns such as anxiety or depression
- Self-esteem and confidence building
- Social skills
- Behavior management, ADD/ADHD
- Learning and developmental issues
- Family transitions and conflict
- Child physical or sexual abuse
- Impact of traumatic events such as death, tornados, fires, family violence

Sexual Health Services

Sex therapy is a specialized form of psychotherapy. It emphasizes understanding the psychological and physical causes of sexual difficulties, increasing information about sexuality, enhancing intimate interactions, improving communication skills and improving sexual functioning.

Sessions are similar to those of other kinds of psychotherapy. Assignments frequently are given to clients to carry out in the privacy of their own homes. Therapists work with individuals, couples and families.

Therapists at MCPST adhere to the strictest ethical standards in the practice of sex therapy.

Sex therapy may address issues related to:

- Values and lifestyles
- Sexual identity and orientation
- Fostering normal sexual development
- Problems with desire, arousal and orgasm
- Relationship and intimacy issues
- Sexual difficulties as a result of trauma compulsive sexual behaviors, physical disability, illness or surgery

Trauma and Offender Related Services

We specialize in the treatment and prevention of sexual and physical violence in our community. This includes working with:

- Victims and survivors of sexual abuse and childhood traumas
- Families impacted by sexual violence
- Perpetrators of sexual violence

Specialized Treatment of Perpetration (STOP) Program

The STOP program is a highly structured, comprehensive, outpatient treatment program offering services for persons who have committed (or who are at risk of committing) inappropriate and/or illegal sexual acts. Assessment, treatment, and consultation, as well as education and support for family members and friends are integral parts of the program.

Sexual Compulsivity and Addiction

A number of our therapists specialize in the treatment of sexual addiction and compulsivity. This includes treatment for people struggling with internet addictions as well as other forms of sexual behavior which have proven to either be problematic or out of control. We also provide treatment for partners and family members who are affected by sexual compulsivity.

Services for Individuals with Developmental Disabilities

People with developmental disabilities also experience mental health concerns, sexual health issues, and inappropriate sexual behaviors. We provide evaluations and risk assessments for sexual and other challenging behaviors. Issues include:

- Depression
- Anxiety
- Compulsive and other challenging behaviors
- Sex education
- Sexual trauma
- Inappropriate/deviant/criminal sexual behavior

Consultation / Supervision / Workshops

MCPST therapists provide consultation and supervision to other professionals and agencies. Workshop programs range from brief presentations to multi-day workshops. Please contact the office to discuss your interest and fees.

Fees

MCPST is an outpatient mental health clinic. Health insurance policies may cover all or part of the treatment fees. Fees are determined by individual therapists. Financial arrangements are made with each client.



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**Providing Psychotherapy
Sex Therapy and
Educational Services since 1973**