



Perspectives

Psychological Associates of Mid-Michigan

[Home](#)

[Meet the Staff](#)

[Services](#)

[Therapy](#)

[Assessment](#)

[Research](#)

[Consulting](#)

[Community Outreach](#)

[SAP Evals & Trainings](#)

[Contact](#)



Should I try therapy?

If you're wondering whether you should try therapy, or aren't sure how to get started, we've compiled [some links to help you](#). Please feel free to [contact us](#) with



Questions?
Call Today!
(989)486-3021

THERAPY

Perspective staff offers Cognitive-Behavioral Therapy (CBT), IPT, Behavioral activation, and exposure-based interventions. Treatment is available for depression, anxiety, substance abuse, anger management, marital problems, and more.

ASSESSMENT

Formal assessment (cognitive assessment, personality assessment, and learning disability assessment) are a specialized skill and Perspectives staff uses the most up to date to research to provide accurate and timely assessments.

COMMUNITY

Perspectives is committed to helping in the community and providing services to benefit the public whether assisting in the public school system or providing pro-bono services to our community.

[Read more](#) about our evidence-based services and how we positively impact our community!

Our Locations

104 W. Wackerly ~ Midland, Michigan
201 S. University ~ Mt. Pleasant, Michigan
phone: (989) 486-3021 fax: (989) 486-1843

Copyright © 2019 Perspectives Psychological Associates of Mid-Michigan

Web Design by  My Web Maestro