



Satori Counseling Services

1423 Haskell Ave, Lawrence, KS 66044

First and foremost, we would like you to know Satori Counseling Services is an inclusive group therapy practice located in Lawrence, KS. We are a diverse staff who work with folks seeking healing and wellness regardless of sexual orientation, gender identity, gender expression, race, spiritual perspective, etc.

We provide individual, family and couples therapy to children, adolescents and adults.

Satori therapists are client centered and use several different therapeutic approaches including Cognitive-Behavioral Therapy, Solution-Focused and Insight Oriented Therapy to name a few. Our therapists are encouraged to be creative in their work and use all available resources to engage clients in the change process.

Our goal is to support folks in getting the most out of their counseling experience.

Types of challenges we work with:

- Anxiety • Bi-Polar Disorder • Complex Trauma and PTSD • Depression
- Emotional Regulation • Excessive Worry & Stress • LGBTQIA+ Issues
- Struggles related to cultural and racial identity • Men's Issues • Mindfulness
- Poor work performance • Procrastination • Relationship Issues
- Substance Abuse • Wellness • Women's Issues

Other Services:

Batters Intervention Program

Satori BIP is committed to supporting men and women who have been identified as utilizing patterns of abuse, power, control and intimidation in intimate partner relationships. Abuse does not necessarily mean physical violence. Strategies such as gaslighting, stalking, narcissistic abuse and revenge porn are profoundly abusive in relationships, even when the person is not being physically harmed. We encourage participants to understand abusive behaviors are usually carried out over the course of the relationship, not just in isolated incidents. Intimate partner abuse is about the systematic exercise of power and control in relationships.

Emotional Regulation Classes

(Anger Management)

These classes were developed to assist individuals with building healthy emotional regulation skills, as well as focusing on management of aggressive behaviors towards themselves and others. We are hopeful that the outcomes produce healthier feelings of well being, increased self-love; and create the ability to use strategies such as distress tolerance to manage uncomfortable feelings in real time.

Below are objectives participants are challenged to complete over the course of the 8 weeks:

- Psycho-education on anger
- Identification of negative self-talk that contributes to anger outbursts
- Identification of thought distortions that contribute to aggression
- Identification of aggression cycle • Identification of triggers to aggressive behaviors
- Emotional regulation strategies • Conflict/resolution skill building • Mindfulness • Self-care

Email or call to get scheduled to start your journey of change

staff@satoricounseling.com • 785-246-9490

We accept the following insurances: Aetna, BCBS, Kansas Medicaid.

For those that are uninsured or prefer not to use insurance, we offer a sliding fee scale for therapeutic services. Give us a call to learn how to get started!