



The Transitional Program

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A therapeutic/educational program for people recovering
from mental or emotional illness

The Transitional Program is designed to assist individuals to redevelop appropriate social and work skills, deal effectively with psychological issues and promote behaviors which foster a rewarding and productive life.

The Transitional Program is a community mental health clinic that encourages a collaborative approach to treating psychological and emotional problems. We provide adjunct group and individual psychotherapy at sliding-scale fees for those individuals who have a prescribing physician or primary therapist, and would benefit from additional psychotherapeutic or educational services. We are also a training facility for area graduate students in clinical psychology.

Goals and Objectives

- ♦ To assist those clients who are moving out of isolation in their attempts to reconnect with the community
 - ♦ To provide clients with active participation in unstructured and structured groups that focus on resocialization and living skills
- ♦ Support re-entry into volunteer and professional environments
- ♦ To provide supportive environment where clients can try out their social and work skills
 - ♦ To provide clients with individual and family counseling
- ♦ To provide these resources on a no-cost/sliding-scale basis (some insurance benefits may be applicable).

Services Offered

- ♦ Group psychotherapy
- ♦ Individual and family/couples psychotherapy
 - ♦ Weekly stress-reduction/relaxation class
- ♦ Weekly psycho-education classes, on a variety of topics
 - ♦ Pre-vocational training
 - ♦ Social skills redevelopment
 - ♦ Assertiveness training
 - ♦ Communication skills
- ♦ Self-esteem and confidence building
 - ♦ Mindfulness
- ♦ Transactional analysis
 - ♦ Client advocacy
- ♦ Mental health education and advocacy

Who should be referred?

- ♦ People who are able to function in everyday tasks and are recovering from a life crisis
- ♦ People who are chronically unable to cope with the demands of everyday/full-time work tasks
- ♦ People in the mental health system who find themselves unable to move ahead with personal development
 - ♦ People who are currently in individual therapy or medication management, and could benefit from group psychotherapy or want to improve social/work skills
 - ♦ People exiting more intensive programs, such as inpatient or day-programs that would like a transitional step or add-on to their visits with primary referring professional.

If you feel this program would be beneficial to a client of yours

Please contact us at (650) 324-3330 or
info@transitionalprogram.org.

Referrals are accepted from professionals in human service agencies and from other health professionals.