



Superhero Therapy

Unique approach to supporting clients with anxiety and trauma

Evidence based therapy techniques including acceptance and commitment therapy (ACT), cognitive behavioural therapy (CBT) and dialectical behaviour therapy (DBT).

**Suitable
for
children
teens or
adults**

**Designed to help
promote self-acceptance,
self-compassion,
and positive
behavioural
changes.**

Funded for NDIS plan
managed or self managed
clients

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