



Hello, my name is Paul Dalton. I opened my offices to assist people just like you. My goal was to create a caring, helping environment that allows people to feel better. Our offices are different. We care, and

it shows. Our clinical staff has worked with thousands of individuals and families in Kentucky. We simply want to help you solve whatever issue or problem you may have. We can also help you reach a life goal you may have in mind. Please call us today or visit our website for an appointment.

Paul Dalton is a Licensed Professional Clinical Counselor, Certified Rehabilitation Counselor and Certified Alcohol and Drug Counselor. He holds two Master's degrees in counseling, a degree in psychology and has over 300 hours in post graduate training. His experience includes mental health and substance abuse assessment and treatment in multiple settings. Paul is qualified by training and experience to work with individuals, couples, adolescents and families.



THE OFFICES OF

Paul
Dalton
MS, LPCC, CRC, CADC

We have helped thousands of individuals and families in Central Kentucky.

Please let us help you.

Call us or visit our website now to schedule an appointment.

859.338.0466

www.ezcounseling.com
counselor@ezcounseling.com

Phone us for a free telephone consultation.

Paul D. Dalton, MS, LPCC, CRC, CADC
is an assumed name of and entirely owned and operated by:
Substance Abuse Professionals of KY, PLLC

THE OFFICES OF

Paul
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*Individual, Marriage &
Family Counseling Services*



Need Help?

Please Don't Wait!

Immediate Appointments Available

For complete information see our website.

www.ezcounseling.com

859.338.0466

We accept insurance and self-pay clients.

Provided By: Paul D. Dalton, MS, LPCC, CRC, CADC
Licensed Professional Clinical Counselor, Certified Rehabilitation
Counselor and Certified Alcohol and Drug Counselor



What is the counseling process like?

The first appointment is considered an assessment of the presenting issue. We will inform you of the process, review the limits and laws regarding confidentiality and the therapeutic process. Your consent to begin treatment will be obtained in writing before any services are rendered. A psychosocial history is taken and an in-depth look at the problem begins. Assessment instruments may be used to assist with problem and strength identification. Sessions usually last 50 minutes. A plan with your goals and priorities is created and followed. You decide when to end the process.



Our Services & Areas of Expertise:

- Individual Therapy
- Marriage Counseling
- Family Therapy
- Depression
- Anxiety
- Mood Disturbance
- Adolescents
- Substance Abuse/Interventions
- Infertility/Fertility Issues
- Career/Workplace Assistance
- Family Issues
- Parenting
- Chronic Illness
- Grief/Bereavement
- Premarital Counseling
- Mid-Life Issues
- Divorce
- Marital Problems

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All Mental Health and Life Issues Welcome.

We provide services in a confidential, comfortable setting. Although we are experts in treating a variety of concerns, we believe it is best to ask our clients what they need from treatment. We follow a strict code of ethics to deliver your services in a private manner you can trust. Success for our office is determined by how you succeed and enjoy your life after our time together.

What is a Licensed Professional Clinical Counselor or LPCC?

Professional Counselors are licensed by the State of Kentucky to deliver assessment, diagnostic and treatment services. LPCC's are experts in helping people reach their potential. We assist with issues or circumstances people would like to change. Most counselors are familiar with different types of mental health and general problems people face.

The professional duties of an LPCC are similar in nature to Licensed Marriage and Family Therapists, Licensed Clinical Social Workers and Psychologists. For specific requirements please see: <http://finance.ky.gov/ourcabinet/caboff/OAS/op/procoun/>

School Suspension Program

Our office provides assessment and treatment of school referred issues including drugs, alcohol, anger and other identified issues.

Professional Communication

We communicate clearly with professionals we refer to and accept referrals from, including physicians, attorneys, schools, mental health professionals and other organizations.

Clinical Supervision

Provide individual and group supervision to LPCC candidates. Take responsibility for reporting and tracking hours. Assist with license exam.

Substance Abuse Professional – DOT

Qualified by exam and training to provide SAP services required by the Department of Transportation.

EAP-Employee Assistance Program

Provide assistance to employees and their families. We offer consultation and training to employers.

Impaired Professionals/Assessments

Offer discreet, solution focused services to professionals with substance abuse and/or mental health issues. We offer professional assessments with treatment recommendations.

Training and Consultation

For human resources, supervisors, EAP programs, school systems and many other organizations and systems upon request.