



*Erin has successfully completed continuing education in the S.A.F.E. treatment approach addressing self-harm. She is experienced in providing short term and long term psychotherapy services to individuals, groups, couples, and families. She has been in the social work field since 2002.*

*Erin works with children, adolescents, and adults. She enjoys facilitating therapy groups addressing self-injury, general mental health issues, eating disorders, and abuse.*

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# ***MY CHOICE***

***End self-harm***



***Facilitated by  
Erin Hardy, LCSW  
Hope Counseling Center***

***MY CHOICE is based on the S.A.F.E. Choice®  
S.A.F.E. ALTERNATIVES® Program.***

***MY CHOICE*** is a weekly outpatient psychotherapy group program lasting 12 weeks.

Appropriate candidates are adolescents and adults who self-injure and want to change the behavior.

Groups for both adolescents and adults are forming now with age specific groups.

All potential group members are required to take part in a pre-treatment assessment lasting approximately one hour. All group members must be working with an individual therapist prior to the beginning of **MY CHOICE**.

**Group size is limited.**



***The program cost is \$50.00 per session. One separate group session is offered for adults supporting their loved ones in their efforts to abstain from self-harm. The cost for the initial assessment is \$100.00.***

***Payment in full is due at the time of the assessment unless other arrangements have been agreed upon. \*\*There are no refunds issued for non-attendance. Attendance is counted on for planning purposes. \*\****

***Contact Erin directly at  
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***S.A.F.E. ALTERNATIVES® (Self Abuse Finally Ends) is a world-renowned treatment program that has helped thousands of people successfully end self-injurious behavior.***