

## Getting Started

If you are ready to learn how Gaylord can help you cope with life's challenges following a significant medical event, we are ready to help.

If your healthcare provider has not yet sent Gaylord a referral, our team will begin by **asking you questions** over the phone about your medical condition and your insurance. This information will help our staff to **assist you** in securing an appointment. Let Gaylord help you **Think Possible**.

## WHY Gaylord?

### LASTING SATISFACTION

 **94%** of patients **recommend** our **counseling services**

Press Ganey Satisfaction Survey FY23

## Outpatient Services

Gaylord programs provide individualized treatment for various medical and neurological conditions.

- Acute or chronic pain
- Amputation care
- Brain injury, concussion and stroke
- Long COVID
- Neurological conditions including ALS, GBS, MS
- Orthopedic injury
- Pulmonary diagnosis
- Spinal cord injury or illness
- Sports medicine needs
- Vestibular disorders and more

With multiple locations, cutting-edge technology, and clinical experts leading the team, your rehab-related goals are within your grasp when you choose Gaylord to be part of your recovery.



### Think Possible

Gaylord Specialty Healthcare is a nonprofit healthcare system focused on medical rehabilitation and wellness. Anchored by **Gaylord Hospital**, a long-term acute care hospital (LTACH) on a beautiful 400-acre campus, this system specializes in medical management and intensive rehabilitation.

Gaylord Outpatient Services brings together award-winning medical, neuropsychology, and therapy services to meet all your rehabilitation-based needs. **Gaylord Physical Therapy** boasts five sites with unparalleled orthopedic and sports medicine for patients of all ages.

## COUNSELING SERVICES

50 Gaylord Farm Road  
Wallingford, CT 06492  
[gaylord.org](http://gaylord.org)

**Appointments:** (203) 741-3413  
**FAX:** (203) 294-8705



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## COUNSELING

Counseling to develop coping skills following a life-changing medical event.



Wallingford





## EXPERTS IN THE Mind-Body Connection

Grieving the loss of one's physical or mental capabilities is a natural part of adjusting to life after a serious illness or injury.

Many people separate their life as the time "before" or "after" their health-related crisis and have difficulties adjusting to their new "normal."

As you proceed through your physical healing, it's vital to also address the emotional and mental health issues that can accompany these health-related changes.

Our patients tell us that turning to a talk therapy professional is very helpful while navigating challenges. Having someone to talk through feelings and act as a guide following a life-changing medical event is an effective solution.

[gaylord.org](http://gaylord.org)

## Our Team Utilizes TALK THERAPY

Gaylord's licensed clinical social workers are trained to help those who have undergone a significant change in their physical health.

Using talk therapy over 8-10 sessions, a counselor will guide you to:

- **Identify and understand emotional blocks**
- **Recognize challenges for you, family, friends and co-workers**
- **Practice ways to ask for help and accept support**
- **Learn tools to regain or maintain resiliency**
- **Find adaptive ways to participate in activities you enjoy and successfully reintegrate them into your life**

**New and existing patients welcome.**

## SET GOALS & GET RESULTS

The Gaylord team is highly experienced with life-altering situations. We will guide you through the steps required to address new challenges. You and your team will concentrate on:

- **Coping with emotions and grief that naturally arise following a life-altering health event**
- **Developing a healthier association with the injury or illness's effect on your life**
- **Addressing closure**
- **Preparing for future hurdles and challenges**
- **Increasing self-confidence**
- **Beginning to plan for upcoming transitions**

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Gaylord's rehabilitation programs are driven by our clinical expertise, compassion, technology and research.

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### Working with a counselor you will learn to:

- Increase self-awareness related to your ability to process emotional responses
- Recognize distorted or unhelpful thinking
- Decrease emotional blocks in your recovery process
- Locate and access community resources and support groups

## Think Possible