



About the Therapist

Brian Serna LPCC, LADAC

Brian Serna has been counseling persons with addictions and mental health issues since 2001. He specialties are:

- Substance Abuse/Addiction
- Working With Adolescents
- Family Interventions for Addiction
- Co-occurring Disorders
- Men's Issues

Mr. Serna spends much of his time training other counselors and social workers nationally and internationally in evidence based practices. Currently he teaches at Southwestern College and in the UNM Substance Abuse Studies Program.

Mr. Serna is a native Santa Fean and spends his free time hiking, painting and exercising.



Coaching Service with Serna Solutions

What is Coaching?

Coaching is a time limited intervention during which I offer brief, specific and targeted assistance in helping you reach your goal.



Why do people seek Coaching?

I have helped people reach specific goals related to:

- Fitness/Health
- Relationships
- Career
- Parenting



Private, Professional, & Effective Counseling

SERNA SOLUTIONS LLC COUNSELING, COACHING AND CONSULTING



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Counseling That Works

What are Evidence Based Practices?

Evidence Based Practices are counseling techniques and strategies that have been proven to work. I believe that your time and money are valuable resources and as your counselor I will make the most of both by keeping your sessions focused, and employing the best strategies to help you meet your goals.

What Does Recovery Mean to You?

Your treatment and your recovery should be as unique as you are. The truth is that you are powerful enough to create your own answers to any problem. My job is to help you access this power so that you can begin to create the life that you want.

Do I Need Help?

Are you having trouble with anxiety or depression?

Do you have an addiction that is causing problems with your work, school or relationships?

Are you worried about a loved one who has an addiction and you are not sure what you can do to be helpful without being an "enabler"?

Do you feel stuck in patterns that prevent you from reaching your goals or becoming happy?

If you answered yes to any of these questions, perhaps I can help. I have a long track record of helping people develop insight, learn skills and find the motivation they need in order to make lasting changes in their lives.

Services Offered & Cost

Individual Counseling Sessions

Couples Counseling

Family Counseling



Fee Schedule

Individual Sessions:

\$90.00/hour

Family and Couples Sessions:

\$120.00/hour

Sliding Scale:

Sliding scale fees may be considered, based on your circumstances and available slots.



Other forms of payment:

ATR Vouchers Accepted

Insurance Accepted

(Blue Cross/Blue Shield, Presbyterian, others will be added in the near future)