

Take Action Counseling

OUTDOOR THERAPY FOR MEN

Josh Gorelick, MS, LCMHC · LCMHC #14972

FOR REFERRING PROVIDERS

takeactioncounseling.com/contact

(704) 426-3453

THE PRACTICE IN ONE PARAGRAPH

Outpatient counseling for adult men and fathers, delivered outdoors in east Charlotte or by video anywhere in North Carolina. Josh Gorelick is a licensed clinical mental health counselor with a background in wilderness therapy, a recovery and sober living program, and a VA hospital. The approach is skills-based and action-oriented, drawing on ACT, CBT and motivational interviewing.

GOOD FIT

- Adult men, particularly fathers
- Men who have disengaged from office-based therapy, or refused it outright
- Men's issues, anger, life transitions, fatherhood
- Mild to moderate anxiety and depression
- Substance use in an outpatient context
- Veterans
- Clients who respond to doing rather than discussing

NOT A FIT

- Anyone under 18 (adults only)
- Couples and family therapy
- Clients needing a higher level of care than outpatient
- Anyone in active crisis requiring immediate stabilization

If you are unsure, ask. A two-minute conversation is better for the client than bouncing between practices, and I would rather tell you no quickly than take someone I cannot help.

PRACTICAL DETAILS

Availability	Monday to Friday, 9am to 5pm.
Format	Outdoors in east Charlotte, or by video anywhere in North Carolina. In person Monday to Wednesday. Video is available any day, and Thursdays and Fridays are video only.
Cost and insurance	\$245 first session, \$195 per session after, 50 to 60 minutes. In network with Aetna. Credentialing with Blue Cross Blue Shield is in progress. Monthly superbills are provided for out-of-network reimbursement otherwise.
First contact	A free 15-minute consultation call, which doubles as a fit check. Clients book it themselves, or you can get in touch for them. Once an appointment request is accepted, two forms and a questionnaire go out through the client portal.
What you get back	With a release in place, I will confirm the client connected and keep you informed at whatever level is useful. If someone does not follow through, you will hear that too.

THREE WAYS TO REFER

- 1 Message me** takeactioncounseling.com/contact. Best if you are not sure it is a fit. Please do not include client identifying detail.
- 2 Send them to book** Have the client book the free consultation call themselves at takeactioncounseling.com/contact.
- 3 Call me** (704) 426-3453.

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