



Vital Psychological Therapeutics

- 42+ states covered
- 100% telehealth
- CBT for psychosis experts
- Rapid scheduling
- Convenient services

Your Partner in Psychosis-Focused Outpatient Care

Supporting Providers & Clinical Teams • Ensuring Continuity of Care • Improving Patient Outcomes

Who We Serve

We provide telehealth-based outpatient psychotherapy for adults (age 18+) who are experiencing psychosis or have a history of psychotic symptoms. We specialize in the treatment of individuals who have received a diagnosis of:

- Schizophrenia or Schizoaffective Disorder.
- Bipolar Disorder or Depression with psychotic features.
- Postpartum Psychosis.
- Brief Psychotic Disorder.
- Delusional Disorder.

We ensure patients have rapid access to psychosis-specific outpatient care, minimizing disruptions, treatment gaps, and risks during transitions.

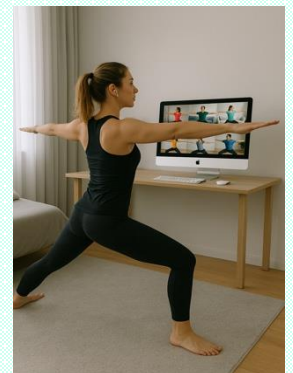


Our Services

Our services are anchored in Cognitive-Behavioral Therapy for psychosis (CBTp), an evidence-based treatment delivered via telehealth by doctoral-level clinical psychologists with expertise in psychosis. We provide additional individually-tailored clinical services for patients including:

- Affective and social skills group training.
- Physical exercise.
- Healthy diet & nutrition (coming soon).

We also offer services for families and caregivers including psychoeducation, treatment engagement coaching, effective family communication workshops, counseling and family support (see [link](#) for full description of services). We operate in 42 states and Washington, D.C. All care is delivered via a secure, HIPAA-compliant telehealth platform. For a full list of states we serve, please visit: www.vitalpsychtherapeutics.com.



How We Support Your Patients

Finding cognitive and behavioral outpatient services with expertise in psychosis is challenging. Vital Psychological Therapeutics partners with providers & treatment teams to:

- Provide evidence-based, psychosis-focused cognitive and behavioral treatments.
- Reduce delays through rapid scheduling and flexible telehealth availability.
- Communicate with prescribing clinicians to support coordinated care.
- Coordinate comprehensive clinical services for patients, families and caregivers.

We aim to make outpatient care clinically anchored, collaborative, and predictable.



Why Providers and Treatment Teams Choose Vital Psychological Therapeutics

- Specialized expertise in cognitive-behavioral treatment of psychosis.
- Broad geographic availability.
- Immediate engagement.
- Reliable availability, eliminating common access barriers.
- Coordinated communication with providers and clinical teams.
- Flexible telehealth scheduling for patients and families/caregivers.

For more information or to schedule a free consultation:



908-777-0180



www.vitalpsychtherapeutics.com