

coras wellness and behavioral health dover de

Coras Wellness and Behavioral Health Dover DE: Your Path to Whole-Person Wellness

Are you searching for comprehensive mental health and wellness services in the Dover, Delaware area? Feeling overwhelmed, stressed, or simply looking to improve your overall well-being? This in-depth guide dives into Coras Wellness and Behavioral Health, located in Dover, DE, exploring their services, approach, and what sets them apart. We'll cover everything you need to know to determine if Coras is the right fit for your wellness journey. Let's explore how Coras Wellness and Behavioral Health can help you achieve a healthier, happier you.

Understanding Coras Wellness and Behavioral Health's Holistic Approach

Coras Wellness and Behavioral Health isn't your typical mental health clinic. They understand that true wellness encompasses mind, body, and spirit. Their holistic approach goes beyond addressing symptoms; they aim to understand the root causes of your challenges and equip you with the tools and strategies for lasting change. This means they consider your individual circumstances, lifestyle, and personal goals when crafting a personalized treatment plan. Forget the one-size-fits-all approach; Coras prioritizes individualized care tailored to your specific needs.

Services Offered at Coras Wellness and Behavioral Health Dover DE

Coras offers a wide range of services designed to meet diverse needs. Their comprehensive offerings typically include (but may not be limited to – always check their website for the most up-to-date information):

Individual Therapy: Addressing a variety of mental health concerns, including anxiety, depression, trauma, PTSD, relationship issues, and more. They likely employ different therapeutic modalities like Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and others, depending on the therapist's expertise and client needs.

Group Therapy: Benefit from shared experiences and support in a group setting. Group therapy provides a sense of community and can be particularly helpful for those struggling with similar challenges.

Family Therapy: Strengthen family relationships and address communication issues affecting the overall well-being of family members.

Couples Therapy: Improve communication, resolve conflicts, and rebuild connection within romantic relationships.

Medication Management (if applicable): Collaboration with psychiatrists or other qualified medical professionals may be available for those needing medication to manage their mental health conditions. Always confirm this directly with Coras.

Substance Abuse Treatment (if applicable): Support for individuals struggling with addiction, possibly including counseling, support groups, and referrals to other specialized resources. Again, confirm availability directly.

What Makes Coras Wellness and Behavioral Health Stand Out?

Several factors contribute to Coras's reputation within the Dover community:

Experienced and Compassionate Professionals: The team likely consists of licensed therapists and counselors with diverse backgrounds and specializations. Their commitment to compassionate care ensures a safe and supportive environment for clients.

Client-Centered Approach: Coras prioritizes the client's needs and goals, working collaboratively to develop personalized treatment plans that foster lasting positive change.

Convenient Location: Their Dover, DE location offers easy access for residents in and around the city. Check their website for specific address and directions.

Flexible Scheduling Options: Accommodating scheduling options help make therapy accessible despite busy lifestyles.

Emphasis on Prevention and Wellness: They likely promote proactive strategies for maintaining mental wellness beyond therapy sessions.

Finding the Right Therapist at Coras Wellness and Behavioral Health

Choosing a therapist is a personal decision. To find the best fit for your needs at Coras:

1. Review their website: Explore their website (usually easy to find via a Google search for "Coras Wellness and Behavioral Health Dover DE") to

learn more about their therapists' backgrounds and areas of expertise.

1. Schedule an initial consultation: Most clinics offer a brief introductory session to discuss your needs and see if there's a good therapeutic match.
1. Trust your gut feeling: The therapist-client relationship is crucial for effective therapy. Choose a therapist you feel comfortable and safe with.
1. Don't hesitate to ask questions: It's perfectly acceptable to inquire about their approach, experience, and fees.

Taking the First Step Towards Better Wellness

Seeking help for your mental and emotional well-being is a sign of strength, not weakness. Coras Wellness and Behavioral Health in Dover, DE, offers a supportive and empowering environment to help you navigate your challenges and achieve lasting well-being. Don't hesitate to reach out and take that crucial first step towards a happier, healthier life. Remember to verify all service offerings and contact information directly with Coras Wellness and Behavioral Health.

Conclusion:

Coras Wellness and Behavioral Health provides a valuable resource for residents of Dover, DE, seeking comprehensive mental health and wellness services. Their holistic approach, experienced professionals, and commitment to client-centered care make them a strong choice for those looking to improve their overall well-being. Remember to conduct your own research and reach out to Coras directly to confirm details and schedule an appointment.

FAQs:

1. Does Coras Wellness and Behavioral Health accept insurance? You should contact Coras directly to inquire about accepted insurance plans. Their website may also list this information.

1. What are Coras Wellness and Behavioral Health's hours of operation?
Their hours of operation can be found on their website or by calling their office.

1. Do they offer telehealth services? Check their website or contact them directly to see if they offer telehealth options. Many practices adapted to telehealth during and after the pandemic.

1. What is the cost of services at Coras Wellness and Behavioral Health?
Pricing varies depending on the type of service and length of sessions. Contact Coras directly for a fee schedule.

1. How do I schedule an appointment at Coras Wellness and Behavioral Health? Visit their website to find contact information, including phone numbers and potentially an online scheduling portal.

coras wellness and behavioral health dover de: *Echocardiography in Pediatric and Congenital Heart Disease* Wyman W. Lai, Luc L. Mertens, Tal Geva, Meryl S. Cohen, 2012-01-03
 Echocardiography is essential in the practice of pediatric cardiology. A clinical pediatric cardiologist is expected to be adept at the non-invasive diagnosis of congenital heart disease and those who plan to specialize in echocardiography will need to have knowledge of advanced techniques. *Echocardiography in Pediatric and Congenital Heart Disease* addresses the needs of trainees and practitioners in this field, filling a void caused by the lack of material in this fast-growing area. This new title comprehensively covers the echocardiographic assessment of congenital heart disease, from the fetus to the adult, plus acquired heart disease in children. Topics covered include: ultrasound physics laboratory set-up a protocol for a standard pediatric echocardiogram quantitative methods of echocardiographic evaluation, including assessment of diastolic function in depth coverage of congenital cardiovascular malformations acquired pediatric heart disease topics of special interest, such as 3D echocardiography, transesophageal echocardiography, and fetal echocardiography The approach of this book is a major advancement for educational materials in the field of pediatric cardiology, and greatly enhances the experience for the reader. An accompanying DVD with moving images of the subjects covered in the textbook will further enhance the learning experience.

coras wellness and behavioral health dover de: *Pediatric Neurology* Kenneth F. Swaiman, Stephen Ashwal, Donna M. Ferriero, 2006-01-01 This Gold Standard in clinical child neurology presents the entire specialty in the most comprehensive, authoritative, and clearly written fashion. Its clinical focus, along with relevant science, throughout is directed at both the experienced

clinician and the physician in training. New editor, Dr. Ferriero brings expertise in neonatal neurology to the Fourth Edition. New chapters: Pathophysiology of Hypoxic Ischemic Encephalopathy, Congenital Disorders of Glycosylation, Pediatric Neurotransmitter Diseases, Neurophysiology of Epilepsy, Genetics of Epilepsy, Pediatric Neurorehabilitation Medicine, Neuropsychopharmacology, Pain and Palliative Care Management, Ethical Issues in Child Neurology

coras wellness and behavioral health dover de: *Indigenous Mexican Migrants in the United States* Jonathan Fox, Gaspar Rivera-Salgado, 2004 The multiple pasts and futures of the Mexican nation can be seen in the faces of the tens of thousands of indigenous people who each year set out on their voyages to the north, as well as the many others who decide to settle in countless communities within the United States. To study indigenous Mexican migrants in the United States today requires a binational lens, taking into account basic changes in the way Mexican society is understood as the twenty-first century begins. This collection explores these migration processes and their social, cultural, and civic impacts in the United States and in Mexico. The studies come from diverse perspectives, but they share a concern with how sustained migration and the emergence of organizations of indigenous migrants influence social and community identity, both in the United States and in Mexico. These studies also focus on how the creation and re-creation of collective ethnic identities among indigenous migrants influences their economic, social, and political relationships in the United States. of California, Santa Cruz

coras wellness and behavioral health dover de: *Moss and Adams' Heart Disease in Infants, Children, and Adolescents* , 2001 Recommended in the Brandon/Hill selected list of print books and journals for the small medical library - April 2003 Updated throughout, the Sixth Edition of Moss and Adams' Heart Disease in Infants, Children, and Adolescents: Including the Fetus and Young Adult continues to be the primary cardiology text for those who care for infants, children, adolescents, young adults, and fetuses with heart disease. The most comprehensive text in the field, the text covers basic science theory through clinical practice of cardiovascular disease in the young with information being updated to reflect the la.

coras wellness and behavioral health dover de: **Behold! Shocking True Tales of Terror... .. and Some Other Spooky Stuff!** Rick Hale, 2018-10-15 Chicago is known for many things: jazz, Al Capone, being the windy city. But it is also home to one of the world's most haunted cemeteries, Bachelor's Grove, and, fittingly, Rick Hale, a master paranormal investigator and scholar of all things haunted. This is his account of how he became interested in the spookier side of life, which all started with an encounter with an innocuous spirit in his grandmother's home. Read all about his adventures battling dark entities, helping the perplexed at a loss at what to do with their resident ghosts, meeting the ghosts at the Stanley Hotel, aka The Overlook to horror movie buffs, finding out about alien abduction and many more unnerving encounters. To find out what it takes to not only be a ghost hunter, but ultimately, how one man dealt with one of the biggest challenges life threw at him, open this book and be prepared for a bumpy ride!

coras wellness and behavioral health dover de: **Pediatric Heart Transplantation** , 2019-04-03 Pediatric Heart Transplantation

coras wellness and behavioral health dover de: **Aortopathy** Koichiro Niwa, Harald Kaemmerer, 2017-02-09 This is the first textbook to focus on Aortopathy, a new clinical concept for a form of vasculopathy. The first section of the book starts from discussing general concept and history of Aortopathy, and then deals with its pathophysiology, manifestation, intrinsic factor, clinical implication, management and prevention. The second part closely looks at various disorders of the Aortopathy such as bicuspid aortic valve and coarctation of aorta. The book editors have published a lot of works on the topic and have been collecting relating data in the field of congenital heart disease for the past 20 years, thus present the book with confidence. The topic - an association of aortic pathophysiological abnormality, aortic dilation and aorto-left ventricular interaction - is getting more and more attention among cardiovascular physicians. This is the first book to refer for cardiologists, pediatric cardiologists, surgeons, ACHD specialists, etc. to acquire thorough knowledge on Aortopathy.

coras wellness and behavioral health dover de: Renaissance Feminism Constance Jordan, 2018-08-06 Considering a wide range of Renaissance works of nonfiction, Jordan asserts that feminism as a mode of thought emerged as early as the fifteenth century in Italy, and that the main arguments for the social equality of the sexes were common in the sixteenth century. Renaissance feminism, she maintains, was a feature of a broadly revisionist movement that regarded the medieval model of creation as static and hierarchical and favored a model that was dynamic and relational. Jordan examines pro-woman arguments found in dozens of pan-European texts in the light of present-day notions of authority and subordination, particularly resistance theory, in an attempt to link gender issues to larger contemporary theoretical and institutional questions. Drawing on sources as varied as treatises on marriage and on education, defenses and histories of women, popular satires, moral dialogues, and romances, *Renaissance Feminism* illustrates the broad scope of feminist argument in early modern Europe, recovering prowoman arguments that had disappeared from the record of gender debates and transforming the ways in which early modern gender ideology has been understood. Renaissance scholars and feminist critics and historians in general will welcome this book, and medievalists and intellectual historians will also find it valuable reading.

coras wellness and behavioral health dover de: The Portrayal of Love Charles Dempsey, 1992 An interpretation of Botticelli's painting which relates it closely to works of poetry by Lorenzo, Politian and Pulci. The author suggests how the idea of love as portrayed by Botticelli incorporates the actual cultural renovation imagined and sponsored by

coras wellness and behavioral health dover de: *Economic Botany* G.E. Wickens, 2012-12-06 The strength of this book is that it is written by someone who has spent a lifetime devoted to the science of economic botany. The author has brought together his vast experience in the field in Africa with his studies of arid land plants at the Royal Botanic Gardens, Kew. The result is an informative and reliable text that covers a vast range of topics. It is also firmly based upon the author's research and interest in plant taxonomy and therefore fully acknowledges the importance of correct naming and classification in the field of science of economic botany. The coverage is of economic botany in its broadest sense. I was delighted to find such topics as ecophysiology, plant breeding, the environment and conservation are included in the text. This gives the book a much more comprehensive coverage than most other texts on the subject. I was also glad to see that the book covers the use of various organisms that are no longer considered part of the plant kingdom such as various species of fungi and algae. It is indeed a broad ranging book that will be of use to many people interested in the uses of plants and fungi. Economic botany is once again being given more prominence as a discipline because of its enormous relevance to both conservation and sustainable development. Those people involved in those topics shOULD find this a most useful resource.

coras wellness and behavioral health dover de: *Women of the Renaissance* Margaret L. King, 2008-04-10 In this informative and lively volume, Margaret L. King synthesizes a large body of literature on the condition of western European women in the Renaissance centuries (1350-1650), crafting a much-needed and unified overview of women's experience in Renaissance society. Utilizing the perspectives of social, church, and intellectual history, King looks at women of all classes, in both usual and unusual settings. She first describes the familial roles filled by most women of the day—as mothers, daughters, wives, widows, and workers. She turns then to that significant fraction of women in, and acted upon, by the church: nuns, uncloistered holy women, saints, heretics, reformers, and witches, devoting special attention to the social and economic independence monastic life afforded them. The lives of exceptional women, those warriors, queens, patronesses, scholars, and visionaries who found some other place in society for their energies and strivings, are explored, with consideration given to the works and writings of those first protesting female subordination: the French Christine de Pizan, the Italian Modesta da Pozzo, the English Mary Astell. Of interest to students of European history and women's studies, King's volume will also appeal to general readers seeking an informative, engaging entrance into the Renaissance period.

coras wellness and behavioral health dover de: Botticelli's Primavera Mirella Levi D'Ancona, 2022 If we have to point to one artist who represents the Uffizi Galleries, certainly Botticelli prevails even over Michelangelo. In this way the Director of the Uffizi, Eike Schmidt, introduces the reading of this book. Quotations and gadgets derived from his works show Botticelli's popularity with general public. But above all, the great table of Primavera, icon of the imagination and undisputed symbol of the Renaissance, stands out. The book we are now presenting, however, uses the flowers and plants of the meadow on which the famous scene takes place as the key to interpreting the work and its meanings, and brings out a world of meanings and suggestions that lightly introduce us to the deepest heart of that extraordinary period that goes by the name, precisely, of Renaissance.

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coras wellness and behavioral health dover de: The Insider/Outsider Problem in the Study of Religion Russell T. McCutcheon, 1999-01-07 Thirty classic and contemporary readings - from such writers as Kant, Hume, Schleiermacher, and Otto, to Ninian Smart, Mircea Eliade, Karen McCarthy-Brown, and Wendy Doniger.

coras wellness and behavioral health dover de: Chamomile Rolf Franke, Heinz Schilcher, 2005-05-23 For over 2000 years, preparations of chamomile flowers have counted among the medicinal treasures of many cultural groups. This book provides an interdisciplinary inventory of the scientific level of knowledge about German chamomile as well as Roman chamomile, the two types of chamomile most produced. It includes information for pharmacists and the

coras wellness and behavioral health dover de: Ethnobotany Richard Evans Schultes, Siri von Reis, 2008-05-19 Published on the 100th anniversary of the science of ethnobotany, this volume provides a comprehensive summary of the history and current state of the field. The 36 articles present a truly global perspective on the theory and practice of today's ethnobotany. This book is only available through print on demand. All interior art is black and white.

coras wellness and behavioral health dover de: Mexifornia Victor Davis Hanson, 2004 This book is part history, part political analysis and part memoir. It is an intensely personal book about what has changed in California over the last quarter century.

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coras wellness and behavioral health dover de: The Writings of Henry David Thoreau Henry David Thoreau, 1893

coras wellness and behavioral health dover de: Caring for People with Mental Health and Substance Use Disorders in Primary Care Settings National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Sciences Policy, Board on Health Care Services, Forum on Mental Health and Substance Use Disorders, 2021-01-30 Behavioral health conditions, which include mental health and substance use disorders, affect approximately 20 percent of Americans. Of those with a substance use disorder, approximately 60 percent also have a mental health disorder. As many as 80 percent of patients with behavioral health conditions seek treatment in emergency rooms and primary care clinics, and between 60 and 70 percent of them are discharged without receiving behavioral health care services. More than two-thirds of primary care providers report that they are unable to connect patients with behavioral health providers because of a shortage of mental health providers and health insurance barriers. Part of the explanation for the lack of access to care lies in a historical legacy of discrimination and stigma that makes people reluctant to seek help and also led to segregated and inhumane services for those facing mental health and substance use disorders. In an effort to understanding the challenges and opportunities of providing essential components of care for people with mental health and substance use disorders in primary care settings, the National Academies of Sciences, Engineering, and Medicine's Forum on Mental Health and Substance Use Disorders convened three webinars held on June 3, July 29, and August 26, 2020. The webinars addressed efforts to define essential components of care for people

with mental health and substance use disorders in the primary care setting for depression, alcohol use disorders, and opioid use disorders; opportunities to build the health care workforce and delivery models that incorporate those essential components of care; and financial incentives and payment structures to support the implementation of those care models, including value-based payment strategies and practice-level incentives. This publication summarizes the presentations and discussion of the webinars.

coras wellness and behavioral health dover de: The Integrated Behavioral Health Continuum Laurel J. Kiser, Paul M. Lefkowitz, Lawrence L. Kennedy, 2008-11-01 Until recently, behavioral health was defined within the strict dichotomy of inpatient and outpatient care -- a dichotomy that failed to mirror the range and complexity of human experience and clinical needs. Today's integrated system renders this dichotomy obsolete. Instead, service delivery integration processes offer an organized system of care rooted in a common vision and defined by processes intended to promote continuity and quality of care, coordination of efforts, efficiencies of operation, and seamless patient movement through an otherwise bewildering array of health care services. Unique in the literature, this volume brings together distinguished clinicians and policymakers who focus on the operational aspects of developing state-of-the-art integrated delivery systems. History and concept -- Why we need integrated health care delivery systems, including a model of service delivery integration that incorporates current barriers (e.g., ambiguous roles and responsibilities and lack of strategic alignment; how to design integrated delivery systems improving clinical outcomes, achieving fiscal and operating efficiencies, and aligning clinical and fiscal incentives) Structural foundations -- Access to the system of care for patients, payors, and employers; how to design level-of-care criteria; eight strategies that help clients move along the continuum; how to define level of care in today's managed care world; and the process of following therapeutic processes (i.e., philosophies, procedures, and practices used to create or support recovery and wellness) across the continuum Administrative and management processes -- How to reorient staff toward minimizing barriers and making the patient central to the system; documentation/information management and reimbursement (rates and rate structures, risk assumption); current research and its enormous potential to improve every aspect of care; quality assessments based on examining the driving forces behind the needs for monitoring and evaluating quality and outcomes; and the relation of behavioral health care systems, which seek to fully integrate clients and families into the fabric of their community and culture, to other systems A case vignette that highlights -- from the consumer's viewpoint -- the vital role of self-help during an episode of hospitalization and a discussion of future directions in integrated behavioral health care round out this remarkable volume. With its wealth of strategic and nuts and bolts information -- useful for alliances and single entities alike -- on how to harness operational forces in establishing an effective integrated behavioral health continuum, this volume will be welcomed by those who deliver direct services (psychiatric professionals) and those who administer and manage the integrated financing and delivery of quality care from public (U.S. government agencies) and private (managed care and insurance providers) sectors alike.

Additional Resources

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