

Reclaim Your Mental Health

At Kuadra, Our tailored therapies are all designed to help you navigate your mental health challenges with confidence.

- ADHD
- Depression
- PTSD
- Anxiety
- Bipolar Disorder
- Substance Abuse
- OCD

Individual Mental Health Counseling

Through our individual counseling, we help individuals and families to recognize, understand, and cope with challenges they are experiencing that have an impact on mental health.

Our Individual Mental Health Counseling can help individuals and families with the following:

- Drug addiction & alcoholism
- School problems
- Problems taking care of aged parents
- Caring for adults with disabilities
- Teenage pregnancy
- Neglectful or abusive family members
- Foster care & adoption
- Home studies
- Supervised family visitation

Testimonial

*My experience was phenomenal!
As soon as you step in the office
you feel the peace and good energy
Khadijat creates. She gave me
such a great insight and information
on my life obstacles and how I can
overcome them. ~ Bianca*

Child & Adolescent Counseling

Through our therapies, kids and teenagers receive comprehensive mental health support to face their emotional, behavioral, and developmental challenges. We address issues with learning, behavior, losses, trauma, divorce, and separation.

Individual Counseling & Life Coaching

As your life coach, we'll help you discover what's really most important to you in your life, then we'll help you design a plan to achieve those things and work with you to eliminate any obstacles or blocks that stand in your way.



Meet Your Licensed
Professional Counselor
Khadijat Quadri
LPC, NCC, CHt

Insurances Accepted

- Aetna
- Amerigroup
- Anthem
- BCBS
- Univ. of Texas at Austin Employee Assistance Program
- Community First
- United Healthcare
- Value Options
- Blue Option
- TriWest
- MultiPlan
- Humana

Schedule An Appointment

Discover how our integrative approach can support your healing journey





Couples Counseling

We work closely with couples to help them communicate successfully, maintain closeness, stay connected during major life transitions, and to grow together rather than apart.

- Pre-Marital Counseling
- Parenting Conflicts
- Trust Building
- Parenting
- Infidelity



To know thyself is to know the nature and function of the mind. The evolution of humanity rests in the nature of the collective mind which cannot be obtained without a good sound mental health.

~ Khadijat Quadri



Get In Touch

Our comprehensive services are designed to guide you towards a healthier and more balanced life.

- Marriage & Family Therapy
- Psychological Assessment
- Stress Management
- Group Counseling
- Parenting
- Advanced Integrative Therapy
- Emotional Freedom Technique
- Mindfulness Therapy
- Guided Meditation
- Breath Work



WATCH VIDEO

Holistic Mental Health Counseling

CALL TODAY

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www.kuadracs.com

Psychology Today Headway

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