

Clinical Services

CLINICAL SERVICES

I specialize in the treatment of PTSD and associated conditions. My approach to treatment is cognitive-behavioral which research has shown to be the most effective technique for addressing problems related to trauma, anxiety, and depression. In cognitive-behavioral therapy (CBT), the emphasis is on helping the client to identify negative or unhealthy thoughts and behaviors and to develop practical skills and strategies to help them deal with the difficulties they are experiencing.

Treatment Focus

I provide individual treatment to adults suffering from symptoms and conditions such as:

PTSD

Panic and anxiety

Excessive worry

Work-related stress

Fears and phobias

Depression

Traumatic or prolonged grief

Education

Understanding the nature and causes of your symptoms is key to identifying and managing them. I utilize my experience and training to educate my clients on the biological and psychological basis of their conditions according to the latest research findings.

Collaboration

I work with my clients as a collaborative team, with the understanding that *you are the expert on you*. Together, I work with my clients to establish goals for treatment which we use to evaluate progress and the continued effectiveness of the

therapy. Above all, I strongly believe that my clients are consumers who have the right to voice their opinions regarding the services they are receiving.

Confidentiality

The relationship between a therapist and client is unique and works in part because of the assurance of confidentiality. This confidentiality is your legal privilege as a client and I cannot share the content of your sessions or even the fact that you are my client with anyone without your written authorization. There are certain legal and ethical exceptions to confidentiality, such as the threat of serious harm to self or others, which we will review at the time of the initial session.

Insurance

For a variety of reasons, I have determined not to participate on any insurance or managed care panels. I am happy, however, to provide my clients with regular invoices which they can submit to their insurers to obtain reimbursement. In addition, I routinely bill workers' compensation and disability agencies, as well as private and public employers. It is important to note that in the case of workers' compensation or disability claims, session notes are routinely requested in order to maintain your claim.