

Food for Thought Workshops

Presented by – Dr. Andrea L Camilli, Psychologist

WHEN: WEDNESDAYS – starting January 11, 2012

TIME: 7 PM to 8 PM

LOCATION: 75 Cooley Street
Suite 4

Pleasantville, NY 10570

FEE: *FREE* – Registration is *requested*.

Topics

❖ INTERPERSONAL EFFECTIVENESS SKILLS (W 1)

- Getting/Keeping a Good Relationship (W2)
 - How to Ask for What you Want Effectively (W3)
 - Maintaining Your Self-Respect (W4)
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❖ DISTRESS TOLERANCE SKILLS (Week 5)

- Crisis Survival Skills (W 6)
 - Acceptance & Commitment (W7)
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❖ EMOTION REGULATION SKILLS (Week 8)

- Understand Emotions (W 9)
 - Reduce Emotional Vulnerability & Suffering (W 10)
 - How to Change Negative Emotions (W11)
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LOCATION:

Convenient Pleasantville, NY office
OR
at location of your choice
(On-Site/In-Home)

FLEXIBLE SCHEDULING:

Early morning, late evening and weekend
appointments!

EVIDENCE-BASED TREATMENTS OF WESTCHESTER

75 Cooley Street

Pleasantville, NY 10570

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EVIDENCE-BASED TREATMENTS OF WESTCHESTER

“Building Lives Worth Living”

TAKE THE NEXT STEP

TOWARDS...

- **Improving relationships**
- **Better Managing Negative Emotions**
- **Increasing Stress Tolerance**

YOU & YOUR LOVED

ONES DESERVE IT!



About Us...

EBTWestchester provides psychological and educational services to students, families, schools and communities through the use of **research-supported** treatment and programs. We offer an array of services to help clients' achieve **social, emotional, and academic success** and **improve** their overall **quality of life**, both now and in the future.

Getting Started...

To find out more about services, schedules, and fees contact Dr. Andrea L Camilli, Psy.D. at **(914) 714-4653** to arrange a **free** initial consultation. The initial consultation is an opportunity for you and Dr. Camilli to determine what types of services will best meet your needs. Following the initial consultation, Dr. Camilli will work with you to develop a specific treatment plan or training curriculum, learning objectives, class schedule and support materials. If EBTW cannot meet your needs, referrals to more appropriate service providers will be made available.

Rates & Fees...

EBTWestchester offers reasonable rates and fees for psychological and educational services. While we do not work directly with insurance companies, a clinical statement with the pertinent information will be made available for you to submit to your insurance provider for reimbursement. **Call your insurance carrier to determine if you have out of network benefits.**

Clinical Services...

Specializing in **cognitive-behavioral therapy (CBT)** and **dialectical behavior therapy (DBT)** for adolescents, adults and families suffering from mild to severe cognitive, social, emotional, and behavioral difficulties.

The following services are offered:

INDIVIDUAL THERAPY: rooted in CBT and DBT methods to treat a range of different symptoms and disorders include:

- **Depression & sadness**
- **Family & marital issues (divorce, death, adoption)**
- **General anxiety/OCD/Social anxiety**
- **Medical issues (i.e., chronic pain, infertility)**
- **Eating disorders**
- **LGBT issues**
- **Behavior problems/Social skills difficulties**
- **Borderline Personality Disorder**
- **Substance abuse**
- **Stress management**
- **Anger management issues**

GROUP THERAPY: connect with others sharing similar experiences, gain support, develop trust, increase self-awareness, and learn new ways of coping with challenges in a safe, therapeutic environment.

Groups offered:

- **DBT Skills Group** (16 weeks)
- **Anxiety Management Group** (12 week)
- **Social Skills Training Group** (open)
- **Teenage Girl Group** (open)
- **LGBT Group** (open)
- **Family Support Group** (16 weeks)
- **Mindful Parenting Group** (8 weeks)
- **Fertility Focused Mindfulness-Based Support Group**
- **Mindfulness and Meditation Group** (6 weeks)
- **Mindfulness-Based Stress Reduction (MBSR)**

**Prior to joining a group, each client will receive a comprehensive evaluation to ensure that the designated group is a good match.

** Group therapy sessions often include individual homework assignments to reinforce skills.

Clinical Services (Cont...)

PSYCHOLOGICAL & EDUCATIONAL TESTING: provides a more accurate assessment and diagnosis of the student's difficulties and strengths thereby helping to determine special-education eligibility, educational recommendations & appropriate treatment interventions.

- **Learning disabilities**
- **ADHD**
- **504 accommodations**
- **Eligibility for special services** (college-age students too!)
- **Gifted (strengths-based) assessment**
- **Diagnostic evaluation**

CUSTOMIZED TRAINING WORKSHOPS & PROFESSIONAL CONSULTATION: EBTW will develop a workshop or presentation to address the unique needs and interests of your organization.

Who could benefit:

- Hospitals
- Schools
- Professional associations
- Medical professionals
- Community organizations

Services available:

- Program Development
- Professional Development
- Presentation/Lecture
- Parent-Training Workshops
- Phone Coaching (to increase skill use in natural env't)

Referrals...

Referrals may be made by physicians, healthcare professionals, community agencies, family members or prospective patients.