

Psychology

What is an Independent Practitioner at Psychology Wellness Practice, PLLC.?

An Independent Practitioner is a provider who rents space within the office of Psychology Wellness Practice, PLLC, and shares secretarial services, but has no other business relationship with Psychology Wellness Practice, PLLC. Psychology Wellness Practice, PLLC and Independent Practitioners do not communicate protected health information (PHI) to one another.

Is insurance accepted for psychological services?

Most practitioners accept insurance from most major health insurance companies. Therapy and evaluation services are typically covered by insurance when there is an established medical necessity, which is often determined during your initial visit. For services that are not covered by health insurance, and those health insurance plans that are not accepted, private pay options are available.

How do I know when to make a referral for an evaluation or therapy? Therapy is a partnership between an individual and a professional such as a psychologist or social worker who is licensed and trained to help people understand their feelings and assist them with changing their behavior. Individuals often consider therapy, under the following circumstances. Note that parents can also refer their child when they observe the following circumstances occurring:

- They feel an overwhelming and prolonged sense of sadness and helplessness, and they lack hope in their lives;
- They are troubled by emotional or behavioral difficulties facing family members or close friends;
- Their emotional or behavioral difficulties make it hard for them to function from day to day;
- Their actions are harmful to themselves or to others.

What is Cognitive Behavioral Therapy?

Cognitive behavioral therapy (CBT) is a therapeutic approach that helps patients to understand the thoughts and feelings that influence behaviors. It addresses unhealthy emotions, maladaptive behaviors and cognitive processes through a number of goal-oriented, systematic procedures. CBT is "problem focused" (undertaken for specific problems) and "action oriented" (therapist tries to assist the client in selecting specific strategies to help address those problems). CBT is thought to be effective for the treatment of a variety of conditions, including mood and anxiety.

Wellness

Is insurance accepted for nutrition therapy?

Christine Hebert, MS, RDN, CDN, is now accepting Capital District Physicians Health Plan (CDPHP), MVP and Aetna. Typically, routine nutrition therapy sessions with our registered dietitian are covered by accepted insurance after a copayment or deductible, if your plan requires. If you have concerns about nutrition services being covered by your plan, we recommend that you contact your insurance company directly. Private pay options are also available if your insurance is not accepted by Christine.

Do I need a referral to see the registered dietitian?

Frequently, members are required to have a referral from a primary care physician (PCP). Please provide a written referral from your PCP prior to your appointment, which can be faxed to 518-608-4269. If you plan to pay privately for nutrition services, a referral from your PCP is not required.

What are the most common reasons for visiting a dietitian?

Consultation with a Registered Dietitian is a personal decision based on your health, goals and lifestyle. Some clients are referred by their primary care doctor, therapist or insurance, while others seek out guidance on their own accord. Clients then work together with the dietitian to make changes (big or small) and adopt a healthier, more balanced lifestyle, and to work toward better symptom management of some psychiatric conditions. Here are the most common reasons seen by Christine:

- **To Support Mental Health-** Nutrition and mental health truly are a two-way street. Increasing the intake of certain nutrients, or regulating blood sugar, can aid in the treatment of anxiety, depression, ADHD and other mental health concerns.
- **Weight Management:** Whether clients are attempting to lose weight, or gain weight, it is important that changes are monitored and balanced. Although it is not always the best indicator of health, many people benefit from establishing a healthy body weight.
- **Comprehensive Medical Nutrition Therapy-** This includes therapeutic diets for chronic illnesses, such as diabetes, heart disease, or gastrointestinal issues.

Clients seeking consultation for eating disorders are seen by Christine Hebert when also receiving therapy with a psychologist, social worker, or mental health counselor.