Psychology

Is insurance accepted for psychological services?
The practitioners at Psychology Wellness Practice, PLLC. 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.

How do I know if my child is a student with school refsual?
Students with school refusal have severe difficulty attending school, often resulting in prolonged absence. These students experience severe emotional upset, including excessive fearfulness, temper outbursts, or complaints of feeling ill when faced with the prospect of going to school. Students with school refusal stay at home with or without the parent's knowledge when the student should be at school.

What is a comprehensive evaluation for students with school refusal?
A comprehensive evaluation for a student with school refusal is conducted to determine the root cause of the school refusal, with the goal of tailoring an individualized treatment plan to the student's needs in order to accomplish successful and long-term school attendance. This type of evaluation involves multiple components, including, but not limited to structured parent interviews, structured student interviews, school-based consultation, review of school records, parent, student and teacher rating scales, and a functional behavioral assessment. At the conclusion of the evaluation, Dr. Smitkin provides an individualized treatment plan for the student, often including but not limited to specific interventions for parent education, family therapy, individual student therapy, medication management and consultation with school personnel.

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 Sloat, MS, RDN, CDN, is now accepting Capital District Physicians Health Plan (CDPHP). Typically, routine nutrition therapy sessions with our registered dietitian are covered by CDPHP 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 CDPHP directly.

Do I need a referral to see the registered dietitian?
CDPHP 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.