

### **What is an Independent Provider at Psychology Wellness Practice, PLLC.?**

An Independent Provider is an individual who rents space or is contracted to provide services within the office of Psychology Wellness Practice, PLLC, and shares secretarial services, but has no other business relationship with Psychology Wellness Practice, PLLC.

### **What is a Post-Doctoral Fellow at Psychology Wellness Practice, PLLC.?**

A Post-Doctoral Fellow in Psychology is a doctoral (Psy.D, Ph.D) level psychologist who is required by New York State to obtain hours of clinically supervised experience and must pass a licensing examination to become Licensed in the state of New York. Post-Doctoral Fellows practice under the supervision of Dr. Jennifer Smitkin (Owner of Psychology Wellness Practice, PLLC and Licensed Psychologist), and they have a Limited Permit issued through New York State, typically for one (full time) year.

### **Is insurance accepted for psychological services?**

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. Within the office, our providers accept Aetna, Capital District Physician's Health Plan, Blue Shield of Northeastern New York, and Blue Cross Blue Shield.

**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.