**Center for Cognitive Psychotherapy**



**Salvatore Ridente, LPC, LCADC, Ed.S**

I am a Licensed Psychotherapist and Substance Abuse clinician working with adolescents, adults, families and couples with further certification as a Divorce Mediator. At times life can be complicated, confusing and overwhelming...This is when our emotions get the best of us, leaving unanswered questions and unsettled feelings. For some, seeking understanding through psychotherapy can be the path to clarity. I use evidenced based/solution focused therapy with an emphasis on understanding our sense of self to help define our responses to the conflict in our lives. If you're ready to make a change or just need a non-judgmental ear, this may be your first step in achieving your goals.

My specialties include adolescent and adult substance abuse, anxiety and depression as well as relationship issues. My clinical experience also includes working with patients struggling with trauma, bipolar and mood disorders, separation, grief and loss. Furthermore, training at Morristown Medical Center and Somerset Treatment Services has given me a broad spectrum of patients to work with allowing me to understand their conflicts as they navigate towards recovery and ultimately peace and happiness. I am committed to help my patients build trust and support increasing their ability to feel empowered to make room for change to occur.

Office hours are Monday & Friday 8:00 AM to 4:00 PM and Tuesday, Wednesday and Thursday from 8:00 AM to 7:00 PM. Saturday hours can be accommodated upon request.

* New Jersey State Board of Marriage and Family Therapy Examiners.
* Practicing Licensed Professional Counselor. (License #: 37PC00586200)
* Practicing Licensed Clinical Alcohol and Drug Counselor. (License #: 37LC00263800)
* Certificate of Conflict Resolution and Divorce Mediation.

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