

Brochure: Therapy Clients

[Title Page]:

Uncover Your Potential with Psychotherapy

Let Broadhollow Psychotherapy help create lasting, positive change in your life.
(631) 771-6996

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Considering Psychotherapy?

Many people need a little extra help during difficult periods of their life. Psychotherapy, or talk therapy, involves a supportive relationship between a therapist and client intended to help people find relief from emotional distress, seek solutions in their lives, and modify negative thinking patterns.

Do I Need Psychotherapy?

There is nothing wrong with seeking support during challenging times. It's a brave step towards taking responsibility in your life and making a commitment to change for the better.

Psychotherapy may be helpful if you answer "yes" to any of the following questions:

- Is it difficult for me to cope with daily life?
- Do I not feel like myself?
- Am I having difficulties with my sleep and/or moods?
- Are my relationships with friends and family strained?
- Am I having trouble dealing with the loss of a loved one?
- Is it hard for me to talk about my problems with others?
- Am I using negative behaviors to cope?
- Do I feel isolated and hopeless?

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How Can Psychotherapy Help?

- Gain a better understanding of self
- Improve interpersonal skills
- Coping with stress, anxiety, depression, and trauma
- Managing anger and grief
- Finding family balance
- Boosting self-esteem and confidence
- Revealing underlying issues of negative thoughts and behaviors

Broadhollow Psychotherapy Is Here for You

Our committed team of professionals believes you can uncover your true potential and live a life worth celebrating. By working together, we will help you better understand and resolve the challenges in your life.

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Our Therapy Specialties:

- Managing Eating Disorders
- Child and Adolescent Challenges and Trauma
- Mental Health Treatments
- Family Therapy
- Personal Discovery and Growth
- Developing Positive Coping Skills

We Also Offer:

- **Psychiatric Evaluations and Services:** We perform a comprehensive psychiatric evaluation to develop an appropriate medication and psychotherapy regimen.
- **Medication Management:** These shorter sessions monitor the effectiveness of your prescribed medication dosage as well as keeping an eye on potential side effects or drug interactions.

What Can I Expect from a Therapy Session?

Our staff are dedicated to giving you a comfortable, supportive experience each time you visit our office. A typical therapy session involves an open line of communication discussing your background, concerns, worries, and present struggles. Your therapist then develops treatment goals for future sessions establishing a plan for lasting change.

Live the Life You Want

Asking for help is hard. Take the courageous steps to let Broadhollow Psychotherapy start you on your journey to a happier, more fulfilling life.

Call (631) 771-6996 to schedule an appointment today.

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