

IS THERAPY RIGHT FOR YOU?

Struggling with long-standing emotional problems such as anxiety, depression, unexpected life changes like divorce or job loss, are a few of many reasons why people come to therapy. For some people therapy is a way to work on self-growth. Seeking out therapy is an individual choice. Therapy is right for anyone who is interested in getting the most out of their life by working towards its transformation and achieving greater self-awareness. Therapy works as a mirror in which you can see aspects of yourself and your life circumstances that you are not able to see from within. While you may have successfully navigated through some difficulties you've faced, building a satisfying life is like building a house: it may take you much longer to do it yourself than if you do it with professional guidance.

Actually, therapy is for people who have enough self-awareness to realize they need or may benefit from a helping hand and that is something to be admired.

HOW DO YOU GET STARTED?

To get started, call me at **718-360-3144** to schedule your appointment. During this phone intake, I answer any other questions you might have, take your information and a brief description of your situation, and schedule your appointment.

WHERE AM I LOCATED?

Manhattan Office:

Manhattan Institute for Psychoanalysis
245 East 13th Street, Ground Floor
New York, New York 10003

To begin

Tuesday, 09 August 2011 10:46

Directions:

My Manhattan office is conveniently located two blocks from the Union Square area,

- near the L train: one block from the Third Avenue Station; and the 4, 5, 6, N, Q, R,
- and L train: two blocks from the Union Square Station.

Brooklyn Office:

776A Manhattan Avenue, Suite 103L

Brooklyn, NY 11222

Directions:

My Brooklyn office is conveniently located in the center of Greenpoint,

- near the G train: between Nassau Avenue station and Greenpoint Ave station;
- and the L train: 15min walking distance from the Bedford Avenue Station.

WHAT ARE MY HOURS?

I see clients by appointment only.