

## Psychotherapy / Counseling

Who will benefit from counseling? Individuals that are experiencing:

- ❑ Difficulty functioning with daily life routines
- ❑ Depression, Anxiety, Panic Disorders, Obsessive-Compulsive Disorders
- ❑ Difficulty with coping with significant life changes, e.g. loss or illness of family member, roommate or significant other, loss of job and coping with physical limitations or injuries
- ❑ Anger and/or Stress Management difficulties
- ❑ Trauma victims or Posttraumatic Stress disorders

Services available in Yonkers, White Plains, Mt. Kisco and at home

Specialized behavioral approaches meet the needs of individuals with Autism Spectrum Disorder and Dementia

### *For more information:*

- √ Call Westchester Arc Clinic at 914-949-9300, ex. 3400
- √ Contact your Medicaid Service Coordinator to initiate referral for Psychotherapy services