

ABOUT THE HVCCT

The HVCCT is one of the leading psychotherapy practices in the Hudson Valley region and adheres to the philosophy that the client's well-being is the top priority. Our therapists treat their clients with respect and warmth while also utilizing state-of-the-art methods. Our therapists accept the responsibility of providing quality care and aim to help their clients to address their problems with an effective, hopeful, and engaging approach.

Therapists at the HVCCT work with children, adolescents, adults, couples, and families. Some of their areas of specialization include the following:

- Depression and Mood Disorders
- Anxiety (Panic, OCD, Social Anxiety, Phobias, Worry)
- PTSD / Trauma / Abuse Issues
- Family Therapy and Marital / Relationship Issues
- Insomnia / Sleep Difficulties
- Academic / Learning Difficulties
- Child & Adult Attention Deficit Disorder (ADD/ADHD)
- Anger Management
- Impulse Control Difficulties (e.g., Hair Pulling)
- Grieving and Loss

PARENT TRAINING

For parents with a child in therapy, parent training is offered to help reinforce the strategies their child is learning.

TESTING SERVICES

Areas of assessment include intelligence, academic / learning disabilities, developmental disabilities, personality and emotional issues, and pre-surgical evaluations for gastric bypass/bariatric surgery candidates.

CONTACT INFORMATION

Hudson Valley Center for Cognitive Therapy
Director: Dr. Christine Ziegler
421 N. Highland Avenue, Upper Nyack, NY 10960
(845) 353-3399, Fax: (845) 353-2272
Email: info@hvcct.com, Web: www.hvcct.com

Hudson Valley Center for Cognitive Therapy
421 North Highland Avenue
Upper Nyack, NY 10960

10/07

A New Approach to Treating

Anxiety

**for Adults, Children,
and Adolescents**

Panic Disorder (Agoraphobia)

Generalized Anxiety

Chronic Worry

Social Anxiety

Separation Anxiety

Obsessive-Compulsive Disorder

Post-Traumatic Stress Disorder

Phobias

 **HUDSON VALLEY CENTER
FOR COGNITIVE THERAPY**

Mood & Anxiety Disorders • Substance Abuse • Sexual/Relationship Issues

ANXIETY DISORDERS

The characteristic features of anxiety are feelings of fearfulness, apprehension, and nervousness in anticipation that something bad or dangerous is going to happen. Very often individuals avoid the anxiety-provoking situations. Below are some common forms anxiety can take:

Panic Attacks: Panic attacks are episodes of intense fear accompanied by physical symptoms such as dizziness, rapid heartbeat, chest pain, faintness, and shortness of breath. Individuals often believe they are dying or going crazy, or will lose control during the attack. Individuals may develop agoraphobia, the fear and/or avoidance of certain situations (e.g., elevators, stores, trains) because they are associated with bringing on anxiety and panic.

Generalized Anxiety: Individuals experience persistent worry. Common symptoms include muscle aches, restlessness, fatigue, insomnia, stomach upset, concentration problems, edginess, and irritability.

Phobias: Individuals experience irrational fear of a particular object or situation and avoid it. The most common phobias are of animals, flying, heights, and closed places.

Social Phobia: Individuals experience excessive, unreasonable fear of public humiliation or embarrassment. Social situations are often avoided.

Post-Traumatic Stress: Individuals experience intense anxiety and emotional distress following a traumatic event, such as rape, assault, or an accident. Physical symptoms, such as restlessness and insomnia, are common.

Obsessive-Compulsive Disorder: Individuals experience recurrent obsessions (intrusive thoughts, ideas, images) and/or compulsions (repetitive behaviors performed in response to an obsession).

COGNITIVE THERAPY

Cognitive Therapy is one of the most state-of-the-art and extensively researched methods of psychotherapy. The word “cognitive” simply refers to how one thinks and feels at a particular moment. A central idea in Cognitive Therapy is that perception of an event or experience powerfully affects emotional, behavioral, and physiological responses. Clients are taught to identify thought patterns that keep them locked into dysfunctional moods. These negative thought processes are usually “learned” during childhood. Since thought patterns become habitual and ingrained, they are experienced as automatic, and therefore, go unnoticed by the individual. Nevertheless, they have a profound effect on the way one is feeling and behaving.

With direction and support, clients can learn to identify and challenge their typical ways of interpreting events and viewing themselves and the world around them. It is important to realize that Cognitive Therapy is not “positive thinking.” Instead, the point of Cognitive Therapy is to view life’s problems in a realistic perspective. This method has helped thousands reduce emotional distress and develop more effective coping skills that can be used in everyday life.

ADVANTAGES OF COGNITIVE THERAPY

Proven Effective: There are hundreds of research studies demonstrating that Cognitive Therapy is an effective treatment. For many disorders, Cognitive Therapy is a more effective treatment than other forms of psychotherapy and equivalent to medication.

Short Term: Cognitive Therapy aims to achieve results as quickly as possible. Most clients experience positive changes in approximately 12-25 sessions. The course of treatment tends to be considerably shorter than for traditional approaches to psychotherapy, as it is structured, problem-focused, and goal-oriented.

Cost-Effective: The active and focused psychotherapeutic approach makes the cost of treatment less expensive than other forms of therapy. The focus on skill building and client independence minimizes the length of treatment and reduces the risk of relapse.

ADVANTAGES OF COGNITIVE THERAPY (CONTINUED)

Lasting Results: Cognitive Therapy emphasizes many practical strategies that can be used when therapy ends to cope with life more effectively.

OVERVIEW OF THE COURSE OF TREATMENT

Cognitive Therapy is a very active type of treatment and teaches clients various strategies and techniques to alleviate anxiety. Cognitive Restructuring is intended to change the thought patterns that trigger anxiety. Relaxation Training and Breathing Exercises are often used to provide clients with strategies to decrease their physical symptoms, especially in stressful situations. During Exposure, clients follow a gradual, systematic plan to learn to use anxiety management strategies to cope with phobic situations.

OTHER PROBLEMS THAT ARE EFFECTIVELY TREATED WITH COGNITIVE THERAPY

Cognitive Therapy has also been shown to be effective for Depression, Eating Disorders, Anger Problems, Procrastination, Assertiveness, Stress-Disorders, Hypochondriasis, Sexual Problems, and Psychosomatic Disorders, such as headaches, hypertension, and irritable bowel syndrome. Longer-standing issues, including low self-esteem and feelings of inadequacy, loneliness, dependence on others, mistrust, problems choosing appropriate partners, and failure to fulfill one’s potential, can also be addressed using this approach.

FREE PHONE CONSULTATION

Dr. Christine Ziegler, Director of the HVCCT, is happy to discuss your specific concerns and explain how Cognitive Therapy may benefit you. Please call (845) 353-3399 x 12 to learn more about our services or to schedule an initial appointment with one of our therapists.

For more detailed information about our services and clinical staff, you can also visit the HVCCT website at:

<http://www.hvcct.com>