

### **What is an Independent Provider at Psychology Wellness Practice, PLLC.?**

An Independent Provider is an individual who rents space or is contracted to provide services within the office of Psychology Wellness Practice, PLLC, and shares secretarial services, but has no other business relationship with Psychology Wellness Practice, PLLC.

### **What is a Post-Doctoral Fellow at Psychology Wellness Practice, PLLC.?**

A Post-Doctoral Fellow in Psychology is a doctoral (Psy.D, Ph.D) level psychologist who is required by New York State to obtain hours of clinically supervised experience and must pass a licensing examination to become Licensed in the state of New York. Post-Doctoral Fellows practice under the supervision of Dr. Jennifer Smitkin (Owner of Psychology Wellness Practice, PLLC and Licensed Psychologist), and they have a Limited Permit issued through New York State, typically for one (full time) year.

### **Is insurance accepted for psychological services?**

Therapy and evaluation services are typically covered by insurance when there is an established medical necessity, which is often determined during your initial visit. For services that are not covered by health insurance, and those health insurance plans that are not accepted, private pay options are available. Within the office, our providers accept Aetna, Capital District Physician's Health Plan, and Highmark Blue Shield of Northeastern New York.

### **What information do I need to be aware of if I am paying privately and/or if I do NOT wish to utilize my insurance when paying for services?**

In compliance with the No Surprises Act that went into effect January 1, 2022, we are required to notify all healthcare consumers of your federal rights and protections against "surprise billing." The No Surprises Act requires that we notify you of your federally protected rights to receive a notification when services are rendered by a non-participating provider and provide options to receive care from an in-network provider, if one is available. We are also required to provide you with a Good Faith Estimate of the cost of services for the duration of treatment. It is difficult to determine the true length of treatment for behavioral health care, but we will make every effort to provide an estimate based on the average length of treatment. Please click on the link below to review the formal notice detailing the No Surprises Act before calling to schedule an appointment.

- [No Surprises Act | CMS](#)

### **How do I know when to make a referral for an evaluation or therapy?**

Therapy is a partnership between an individual and a professional such as a psychologist or social worker who is licensed and trained to help people understand their feelings and assist them with changing their behavior. Individuals often consider therapy, under the following circumstances. Note that parents can also refer their child when they observe the following circumstances occurring:

- They feel an overwhelming and prolonged sense of sadness and helplessness, and they lack hope in their lives;
- They are troubled by emotional or behavioral difficulties facing family members or close friends;

- Their emotional or behavioral difficulties make it hard for them to function from day to day;
- Their actions are harmful to themselves or to others.

### **What is functional (root cause) psychology?**

Functional psychology seeks to determine the root cause(s) of various behavioral health diagnoses, such as ADHD, Autism Spectrum Disorder, anxiety, depression, Bipolar Disorder, Obsessive Compulsive Disorder, Tourette's Disorder, and schizophrenia. There is greater emphasis placed on symptoms and functioning rather than diagnosing/labeling. Whereas conventional psychology looks to "name it," placing emphasis on diagnosis, then "tame it," placing emphasis on treatment in the form of medication or therapy, functional psychology places emphasis not on the "what" but on the "why" and seeks to address symptoms at their root for healing with the aim of exiting individuals from the behavioral health system more rapidly than traditional treatment, which can be a continuous feedback loop.

### **What is Cognitive Behavioral Therapy?**

Cognitive behavioral therapy (CBT) is a therapeutic approach that helps patients to understand the thoughts and feelings that influence behaviors. It addresses unhealthy emotions, maladaptive behaviors and cognitive processes through a number of goal-oriented, systematic procedures. CBT is "problem focused" (undertaken for specific problems) and "action oriented" (therapist tries to assist the client in selecting specific strategies to help address those problems). CBT is thought to be effective for the treatment of a variety of conditions, including mood and anxiety.

### **What is Solution-Focused Therapy?**

Solution-focused therapy (SFT) is a goal-focused, evidence-based, collaborative approach to psychotherapeutic changes that is conducted through the direct observation of clients' responses to a series of precisely asked questions. SFT is future-focused, goal-directed, and focuses on solutions rather than problems.

### **What is Exposure Therapy?**

Exposure therapy is a technique in behavior therapy to treat anxiety disorder. Exposure therapy involves exposing the target patient to the anxiety source or its context without the intention to cause any danger. Doing so is thought to help them overcome their anxiety or distress. Exposure therapy was a treatment developed to help people confront their fears.

### **What is Client Centered Therapy?**

Client centered therapy, or person-centered therapy, is a non-directive approach to talk therapy. It requires the client to "take the reins" during each therapy session, while the therapist mainly acts as a guide or a source of support for the client. This type of talk therapy supports a therapeutic process that encourages positive change within the client.

**What is Play Therapy?**

Play therapy is a form of counseling or psychotherapy in which play is used as a means of helping children express or communicate their feelings. Play therapy refers to the range of methods of capitalizing on children's natural urge to explore and harnessing it to meet and respond to their developmental and mental health needs.

**What is Behavior Modification?**

Behavior modification is an early approach that used respondent and operant conditioning to change behavior. It is the alteration of behavioral patterns using such learning techniques as biofeedback and positive or negative reinforcement.

**What is Positive Psychology?**

Positive psychology is the scientific study of what makes life most worth living, focusing on both individual and societal well-being. It studies positive subjective experience, positive individual traits, and positive institutions, which aim to improve quality of life. It is a branch of psychology focused on the character strengths and behaviors that allow individuals to build a life of meaning and purpose – to move beyond surviving to flourishing.

**What is Mindfulness Intervention?**

Mindfulness-based interventions focus on using a stress reduction lens during treatment. Mindfulness practices help people better control and regulate their thoughts and emotions instead of being controlled by them.

**What is Strength Building Intervention?**

The strength-based approach has its foundation in social work and builds upon the client's strengths, specifically seeing the client as resourceful and resilient when they are in adverse conditions. A unique characteristic of this approach is that it is client led and is centered on outcomes using an individual's future set of strengths.

**What is Trauma Informed Care?**

Trauma informed care (TIC) is a strengths-based framework that is grounded in an understanding of and responsiveness to the impact of trauma, that emphasizes physical, psychological, and emotional safety for both providers and survivors, and that creates opportunities for survivors to rebuild a sense of control and empowerment.

**What is Attachment Regulation and Competency (ARC)?**

Attachment, Regulation and Competency (ARC) is a flexible, components-based intervention developed for children and adolescents who have experienced complex trauma, along with their caregiving systems. The framework focuses on strengthening the caregiving system, emphasizes cultivating youth awareness and skill in identifying, understanding, tolerating, and managing internal experience and addresses key factors associated with resilience in stress-impacted populations.

### **What is Dialectical Behavioral Therapy?**

Dialectical behavior therapy (DBT) is an evidence-based psychotherapy that begins with efforts to treat personality disorders, interpersonal conflicts and people who experience emotions very intensely. DBT focuses on helping people accept the reality of their lives and their behaviors, as well as helping them learn to change their lives, including their unhelpful behaviors. Evidence suggests that DBT is useful in treating mood disorders and suicidal ideation, as well as for changing behavioral patterns such as self-harm and substance use.

### **What is Motivational Interviewing?**

Motivational interviewing (MI) is a directive, client-centered counseling style for eliciting behavior change by helping clients to explore and resolve ambivalence and involves enhancing a patient's motivation to change.

### **What is Interaction Therapy?**

Interactive therapy is a treatment method typically used with children. The therapy generally involves interaction with the therapist during which the child can play out internal conflicts and distress regarding a variety of problems.

### **What is Psychodynamic Therapy?**

Psychodynamic therapy focuses on the psychological roots of emotional suffering. It emphasizes self-reflection and self-examination, and the use of the relationship between therapist and patient as a window into problematic relationship patterns in the patient's life. Its goal is not only to alleviate the most obvious symptoms, but to help people lead healthier lives.

### **What is Trauma Focused Processing?**

Trauma focused processing is an evidence-based treatment approach used to develop the skills to deal with the ways trauma still manifests in your life so that the waves of panic, fear, or despair may begin to strike less often.

### **What is Emotion Regulation?**

Emotion regulation is the ability to respond to the ongoing demands of experience with the range of emotions in a manner that is socially tolerable and sufficiently flexible to permit spontaneous reactions as well as the ability to delay spontaneous reactions as needed.

### **What is Skill-Building?**

Skill building is a direct service that helps individuals enhance their capacity to successfully accomplish a task or goal. Skill-building services generally are based on psychoeducational and cognitive-behavioral approaches.

### **What is Relationship Skill Building?**

Relationship skill building includes communicating clearly, listening actively, cooperating, resisting inappropriate social pressure, negotiating conflict constructively, and seeking and offering help when needed.

**What is Attachment Therapy?**

Attachment therapy explores how one's childhood experiences might impact their ability to form meaningful bonds as adults. In attachment-based therapy, therapists work with people who need help rebuilding trust in relationships, especially because people with dysregulation of attachment tend to fall into difficult interpersonal relationships.

**What is Group Counseling?**

Group counseling is a form of psychotherapy that involves a group of clients and experienced group therapists. Therapy groups meet every week at the same time for a specific duration. During that time, the members of the group discuss the issues that are concerning them and offer each other support and feedback.

**What is a Psychoeducational Evaluation?**

A psychoeducational evaluation is a process by which a trained professional works with those involved in a child's learning or development to identify the child's strengths and weaknesses. Its goal is to enhance everyone's ability to help the child be as successful as possible.

**What is a Psychological Evaluation?**

A psychological evaluation is a diagnostic assessment method used to assess an individual's behavior, personality, cognitive abilities, and several other domains.