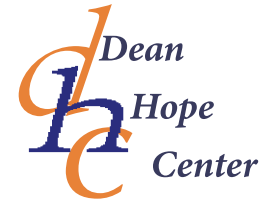


for Educational and Psychological Services



for Educational and Psychological Services

www.tc.edu/ceps

**“HELPING INDIVIDUALS
FIND THEIR TRUE PATH
THROUGH CARING.”**

525 West 120th Street, Box 91, New York 10027
Telephone: (212) 678-3262
Fax: (212) 678-8105

Cognitive Behavioral Therapy

www.tc.edu/ceps

ARE YOU EXPERIENCING:

- Feelings of anxiety or depression?
- Thoughts over and over about problems that are stressing you?
- Anxiety in social situations?

If so, Cognitive Behavioral Therapy, or CBT for short, may work for you.

WHAT IS CBT?

CBT consists of goal-oriented interventions that help change patterns of thoughts, behaviors, and feelings that have an influence over problems and symptoms. It is a step-by-step approach to changing these patterns. Your CBT therapist will provide education and scientific understanding of the problem. This can help you in clearing misunderstandings that interfere with you feeling better. Some of the tools to help you may include: motivational skills, assertiveness training, and breathing/relaxation skills. The CBT approach is provided in a very respectful, flexible, and collaborative environment.

The Dean-Hope Center now offers individual Cognitive Behavioral Psychotherapy for adult clients (ages 18 and over)

ABOUT US

The Dean-Hope Center for Educational and Psychological Services is a community service and training facility offering therapy services to the greater New York area. All services are provided by graduate students under the supervision of licensed psychologists. Services are provided according to your personal needs and are confidential.

SCHEDULE

Monday-Thursday 9 am - 9 pm
Friday, Saturday, & Sunday 9 am - 5 pm

The schedule varies during the holidays and summer. Office closings will be recorded on the office voicemail, and posted in the main office and on the website.

APPLICATION

Prospective clients are required to fill out an application for services. Applications can be obtained by visiting the Dean-Hope Center in person, requesting them by mail or telephone, or downloading them from our website. The completed forms can be mailed or faxed back to us.

Note: We are a training facility. There are some cases that due to specific psychological and/or psychiatric history, we may choose not to accept. If this should occur, we will inform the applicant immediately and offer a suitable alternate resource.

FEES

Fees for all services will be determined by personal or family income and will be established after the initial consultation. Fees are determined based on a comparable sliding scale. There will be a \$40.00 initial fee for the initial consultation for psychotherapy services. Payment is accepted in the form of cash or credit card. The Dean-Hope Center does not accept any medical insurance, Medicare or Medicaid. Services are not denied due to income.

LOCATION

The Dean-Hope Center is located at 525 West 120th Street on the 6th floor of Thorndike Hall of the Teachers College complex. Thorndike Hall is a modern building that stands on the north side of West 120th street, just east of Broadway.

The Dean-Hope Center can be reached by public transportation on the 1 subway. Exit at the 116th Street/Columbia University Station and walk north to 120th Street. The M104, M4 and M60 buses all stop on Broadway and 119th Street.

CONTACT US

Mailing and physical address:
The Dean-Hope Center for Educational and
Psychological Services
Teachers College/ Columbia University
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New York, NY 10027
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