

OVERCOME THE OBSTACLES THAT LEAD TO DEPRESSION AND ANXIETY. GET YOUR LIFE BACK ON TRACK.

HOME

Visiting websites is a great first step in finding the right counselor. If you're surfing the internet and shopping for a therapist you probably have a pretty good idea of what you're looking for and what issues you hope to resolve in counseling.

I use Cognitive Behavioral techniques, because I believe that how you think determines how you feel. Cognitive Behavioral Therapy aims to help you become aware of thought distortions that lead to psychological distress, and learn to correct them. I also incorporate Solution Focused Therapy and Psychodynamic Therapy into my counseling sessions.

My objective is to equip the individual with information, strategies, and insight to gently guide him or her toward solutions and positive changes.

I offer psychotherapy services to individuals, families, and couples. Though I have helped many couples with premarital, family, and parenting related issues, I do not offer marriage counseling.

I specialize in counseling adolescents, college students, and young adults. I also counsel many professional men and women.

My clients report improved mood, less anxiety, more satisfaction in relationships, and progress in reaching their goals.

Denise Pollack Counseling
3005 Brodhead Road, Suite 275
Bethlehem, Pennsylvania 18020
610-392-3862

Directions (can I link to mapquest?)

Office Hours:

Monday – Friday

8:00 AM–5:30PM

ABOUT ME:

I received a Master's degree in Counseling Psychology from Lehigh University in 1998. I am a Licensed Professional Counselor in the state of Pennsylvania, and I am a National Certified Counselor.

I am a member of the Lehigh Valley Psychological Association, the Pennsylvania Counseling Association, the American Counseling Association, and the American Psychological Association.

Prior to pursuing a degree in counseling, I had earned a B.F.A. from Temple University. I worked as a corporate graphic designer and art director for many years. During my career as a designer, I worked in Houston, Texas and Princeton, New Jersey. I was accustomed to the excitement, deadlines, and fast-paced environment. I enjoyed the dynamics of interacting with a diverse assortment of coworkers and clients. I understood the challenge of arriving at a consensus when working with individuals who each held a different perspective.

After starting a family, I found it very stressful to continue to work full time. When we moved to the Lehigh Valley I continued to work as a freelance designer. I worked from home and had a flexible schedule. Eventually, I felt frustrated, in the absence of the support of a comprehensive design firm, so I decided to switch fields.

I enrolled in graduate school when my son and daughter were students in elementary school. I believe they benefitted from observing my work ethic, as it related to areas that were familiar to them, such as homework and school projects.

I spent my internship year working as a family counselor for a local agency. I realized that, unlike many of my colleagues, I really enjoyed counseling adolescents. After graduating, I started working as an independent contractor for agencies that primarily serve teens. I continue to work part-time in school settings in conjunction with my private practice, where I counsel both teens and adults.

My professional skills, work history, and family life have provided a distinct blend of insight and experience. I have undergone many of the same stressors that my clients bring to therapy. I understand, and I will do my best to help.

ADOLESCENTS:

Thanks for taking the time to visit my website. I'm guessing that something isn't going well in your life. Maybe you're feeling absolutely miserable, angry, stressed out, confused, or frustrated. You may be wondering if counseling might help.

I know it can be very useful to have an objective, unbiased professional assist you with problems that you may not feel comfortable sharing with family members. My office is a safe place to vent, get things off your mind, and explore solutions. Our sessions are confidential and private (unless, of course, you are a danger to yourself or others).

I can tell you that I have helped hundreds of adolescents, young adults, and college students deal with a multitude of problems. Whether it is an issue that affects you alone, like perfectionism, sexual identity, self-image, self-esteem, anxiety, or depression, or an issue related to how you interact with others, I can help.

Please understand that everyone comes in with his or her own unique issues. I never judge anyone and I have heard many unusual things. You don't have to worry about what I am thinking. I am thinking about how I can best help you.

IF YOU ANSWER YES TO ANY OF THE FOLLOWING QUESTIONS, I CAN HELP YOU.

Are you having a difficult time communicating effectively with parents, step-parents, teachers, friends or employers? Do you know how to maintain appropriate boundaries?

Perhaps you are struggling to move forward after the death of a family member or a close friend. Have you or a family member suffered a serious illness that has impacted the way you live? Has your family had to move and you've left your school, friends, and community behind?

Are you way too hard on yourself? Do you set impossibly high standards? Do your parents put too much pressure on you? Do you take on more than you can handle?

Have you found yourself involved in unhealthy, risky, or unbalanced relationships? Do you act impulsively and later regret your behavior?

Maybe you would like help planning your future and setting goals? Can you identify your own strengths and weaknesses?

I am keenly aware of the many issues that you face during this period of transitions, adjustments, and increased responsibility. This is an exciting period in your life, but it can be a bumpy ride. You will make mistakes as you gain experience. Stepping back and examining those mistakes will help you learn and create a more manageable future.

ADULTS:

If you are a complicated person, it may be too much to expect family and friends to listen, understand and help you sort things out. Stress, anxiety and depression do not have to govern your life. As a highly trained professional, my job is to be objective and guide you toward finding better ways to cope with difficulties.

IF YOU ANSWER YES TO ANY OF THE FOLLOWING QUESTIONS, I CAN HELP YOU.

Is a pattern of frustrating relationships or the lack of satisfying relationships a concern?

Are personal problems distracting you at work? Are workplace problems distracting you at home?

Perhaps you are thinking about starting a family, but feel anxious about how you will manage and how it may impact your career.

Are you a parent who has chosen to stay at home to raise your children? Do you feel that you've sacrificed your professional identity? Have you noticed a decline in your confidence and self-esteem? Do you miss the atmosphere of the workplace, where you felt valued?

Is your schedule so hectic that you have little time to pursue your own interests? Do you feel burned out, resentful, and irritable.

Are you in the process of redefining your role when young children start school or when older ones leave for college? Perhaps you are thinking about resuming a past career or embarking on a new one.

Do you feel perplexed by changes in your child's behavior, as he or she enters different stages of development? Are you and your spouse struggling to figure out when to set limits and how much freedom and responsibility to give your child?

Are you concerned about caring for aging parents?

Are you struggling with grief and loss? Do you worry about your own physical changes, health, and limitations as you get older?

Do you turn to food, shopping, gambling, or video games to avoid dealing with major issues in your life?

THE PROS AND CONS OF USING INSURANCE :

There are obvious advantages to using health insurance. Insurance plans may pay for some or all of one's therapy. Copays are often small and manageable. Premiums are costly and many clients want to fully utilize their benefits.

The disadvantages of using health insurance are less obvious. In order to qualify for benefits, insurance companies require that the counselor indicate a diagnosis of a mental health disorder. If a client later applies for life, disability insurance, or other health insurances, his or her company may need to have access to information about pre-existing conditions. In addition, insurance companies can limit the number of therapy sessions and request that a client undergo a medication assessment.

Some clients who have health insurance prefer not to use their benefits for psychotherapy. By paying for sessions themselves, they can keep personal problems completely private and avoid generating evidence of a mental health issue. They may choose to come every other week to keep costs down.

If you prefer to use your insurance I am member of the following insurance networks:

Aetna
Valley Preferred
Choice Plus
Oxford
Integrated Health Plan
Multiplan
Tricare
ReachEAP

If your insurance plan is not listed you can still come to counseling sessions, but you will have to pay me directly and then submit your receipt to your insurance company for out-of-network reimbursement.

FEE

My fee is \$85.00 for a 50 minute session. I expect payment at the time of service. I accept cash and checks. I do not accept credit cards.

QUESTIONS:

HOW DO I SCHEDULE AN APPOINTMENT?

You can send me an email with your phone number and the best time to reach you, or you can call. If I don't pick up, I'm probably in the middle of a session. Leave a message in my voicemail and I will return your call by the end of the day.

HOW LONG ARE APPOINTMENTS AND HOW MANY WILL I NEED?

Appointments are approximately 50 minutes long. Some clients prefer weekly appointments in an effort to resolve problems more quickly. (Since the therapeutic relationship is an important aspect of therapy, it will develop more quickly if you can come weekly). Others prefer to schedule appointments every other week. I also meet with some clients once per month, if that works best for them.

Each client comes in with unique goals for his or her therapy. Some have a specific problem that can be addressed and resolved in just a few sessions. Others present multiple issues and require ongoing sessions over a longer period of time.

WHAT CAN I EXPECT DURING THE FIRST APPOINTMENT?

I will ask you to fill out forms and sign consents. If you plan to use your insurance, I will make copies of your insurance card. This will take about 5 minutes. Afterwards, I will ask questions about your personal history, family history, and about the problems that led you to seek counseling. I prefer to gather this information directly from you, rather than to have you fill out more forms. I find it valuable to discuss your history in an informal manner. Some people who have never attended therapy before may be a little nervous. They seem more comfortable when they realize that they will be asked specific questions during the first session. You can share as much or as little as you feel comfortable disclosing during our initial session.

WHAT HAPPENS IN FUTURE SESSIONS?

Most clients feel more relaxed by the second session. They are ready to begin the process of examining the thoughts, feelings, and behaviors that are causing distress.

We will identify your goals for counseling and work together to accomplish them. The characteristics and methods of counseling will depend upon your stage of life and particular set of concerns. I employ a variety of counseling theories and techniques in my sessions, such as Cognitive Behavioral Therapy, Solution Focused Therapy, and Psychodynamic Therapy. I may give you exercises or worksheets to assist you in practicing techniques at home. Counseling related activities will help you to stay focused on therapeutic goals between sessions. Over time, you will develop more control over your emotions and the circumstances that once seemed beyond your control.

As your goals are met and problems decrease, so does your need for therapy. At this point clients reduce their frequency of appointments or we decide to terminate.