

WEINER

DR STACI

Get Ready for Back to School with *Apple Psychological*

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Apple Psychological is a premier provider of psychological services with offices in New York City and Long Island.

Apple Psychological believes in every person's ability to grow and change. We provide psychological services to children, adolescents and adults with individualized treatment, specific to the client.

Services include: Individual therapy, Group Therapy, Family Therapy, as well as Psychological Evaluations.

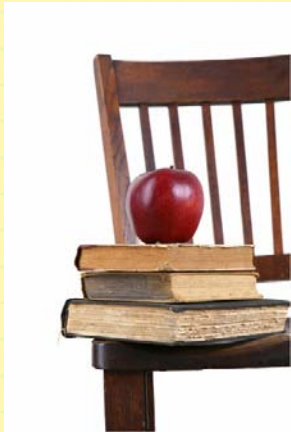
Please see our website at www.applepsychological.com for more detailed information about our services.

JOIN OUR MAILING LIST

Greetings!

Back to School time can be stressful for both children and parents. It is important to set a positive tone for the upcoming school year filled with excitement and hopefulness. Even the difficult tasks such as convincing children to do their homework and turn off the TV or video games can be done skillfully and with positivity. This edition of Apple Psychological's newsletter will provide tips for parents to create an easy, positive transition back to school. The staff at Apple Psychological specializes in issues related to school aged children and adolescents as well as young adults. If you are interested in learning more about the services provided at Apple Psychological or are having a hard time managing the behavior

of a child or adolescent call for a FREE consultation at (917)526-0766.



Do It Now! Tips To Get Ready For Back-To-School

ORGANIZATION IS THE KEY!

Move over, summer--a new school year is coming! With the start of school, families face new organization challenges. School bells ring--and so do early-morning alarm clocks. Shorter autumn days bring a hectic round of sports, activities and events, and calendars fill with cryptic notes. Can the holidays be far behind? Get organized now for the best school year ever! Use these ideas to prepare your home and family for the busy days ahead:

[Click here for article](#)

Call Apple Psychological at (917) 526-0766 to develop an effective structured plan for an organized and stress free school year.

ONLINE VIDEO THERAPY

Apple Psychological has been successfully utilizing Online Video Therapy via Skype for over 4 years.

Psychotherapy in the Age of Technology

WHAT IS ONLINE VIDEO THERAPY?

Online Video Therapy is a modern and unique way to provide therapy services. It is the fastest growing segment of psychotherapy for the following reasons:

- Flexible Scheduling
- Comfortable Setting
- Convenient
- Software is free for everyone
- Eliminates travel and scheduling issues

Many patients find Online Video Therapy easier and therefore more effective in meeting their therapeutic needs. Apple Psychological is meeting the needs of its diverse client base by offering Online Video Therapy as an option for all patients.

It is a perfect solution for:

- College Students
- Frequent Travelers
- People with Busy Schedules
- People without Transportation
- People New to or Uncomfortable with the Therapy Process

Patients say that they find online sessions to be less intimidating than face-to-face sessions and that they feel generally more relaxed and in charge of the process. This is good, because the purpose of any form of therapy is to give you the tools you need to better manage emotional suffering so that you can live a happier life.

I have experienced particular success with my patients in their teens as well as young adults in their twenties and thirties. Today's youth are accustomed to utilizing technology in their daily lives, and therefore, Online Video Therapy is fun and easy for them. Additionally, college bound students love the flexibility and continuity of therapy while they are away from home attending school.

The effectiveness of Online Video Therapy sessions is surprising. Although client and therapist may be thousands of miles apart, it feels like you are in the same room. This format is becoming very popular for people who are unable to leave home for one reason or another.

Many clients discover that therapy can be much more comfortable when they are relaxed, sitting in their own homes, in their favorite chair. It becomes much easier to loosen inhibitions and express themselves more fully.

If you are experiencing anxiety or mild depression, relationship or career problems or are generally "stuck", Online Video Therapy can help you gain a more stable mood, greater sense of self and a generally more satisfying life.

It's easy: All you need is a computer with a built-in camera or a web cam, and you can download free software.

Online Video Therapy is private and costs nothing to use.

WILL I FIT IN AT SCHOOL?

Many kids worry about "Fitting In" with their peers. Some children have difficulty initiating or maintaining conversations, others have social anxiety related to peer interaction. The following article provides tips for fitting in at school.

[Click Here for Article](#)

However, sometimes kids need extra help developing the confidence and social skills they need to feel comfortable interacting with others. Apple Psychological can help your child learn ways to cope with insecurity, lack of assertiveness, aggression, and anxiety when it comes to peer relationships. In addition, we help children develop self-esteem and pride, which prevents them from becoming a victim of bullying or harrassment. We specialize in social skills training which helps children learn the appropriate way to initiate and maintain conversations as well as appropriate friendships. Contact us at (917) 526-0766 for a free consultation about how we can help your child fit in with others and feel more comfortable at school.

PSYCHOLOGICAL ASSESSMENT



Does your child or adolescent have a history of learning or emotional issues that hinders the way they perform in school or interact with others?



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Evaluation is the FIRST STEP in helping you and your child understand these difficulties and regain the confidence they need to function better socially and academically.

It is important that your child's academic and emotional abilities are evaluated in order to understand their needs and receive the proper services that will help them succeed in life.

Psychological Testing can address and provide specific recommendations for:

- A student's need for testing or program accommodations
- Personality issues or difficulty with relationships
- Specific learning styles or learning disabilities
- Advancing educational and emotional development
- Improving homework time
- Addressing behavioral Issues at home and at school

We at Apple Psychological wish you and your family a smooth transition into school and look forward to working with you!

Sincerely,

Staci Weiner, Psy.D.
Apple Psychological
www.applepsychological.com

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