



Apple
Psychological



JUNE 2011 NEWSLETTER



Let's Get Ready...Summer is Here!

In This Issue

Summer Camp Blues

Psychological Evaluations

Seasonal Affective Disorder- In Summer?

Understanding Anxiety...Disorders and Effective Treatment

Online Video Therapy

Greetings!

As the school year winds down and the summer approaches, it is a time for reflection and re-evaluation of your child's needs. Now is a great time to look back on the last school year and prepare your child for the next one. If you are concerned about your child's progress, either academically or socially, please contact Apple Psychological for a consultation to discuss the benefits of testing and/or therapy for your child. Call us at **(917)526-0766**.

In addition to being a time for reflection, summertime is fun and exciting for children. This month's newsletter offers helpful tips for making this summer a great one for your child. Feel free to contact me with any questions. I look forward to hearing from you and HAVE A GREAT SUMMER!

Sincerely,

Staci Weiner, Psy.D.

SUMMER CAMP BLUES



Each summer, many children will have to deal with feeling homesick if part of their summer involves sleep-over camp, but parents can play a big role in helping their children overcome homesickness, say psychologists.

Parents can help their children understand that feeling homesick is very natural and that physical activity and making new friends will help distract them from the sad



and nervous emotions that are part of homesickness. Parents should also encourage their children not to give up in situations where they may feel overwhelmed and lonely instead offering suggestions of ways children can make themselves feel better.

Before children go to overnight camps, they should practice shorter separations to learn which coping methods work for them. Parents can help their children understand which aspects of the separation they can control (like letter writing, participation in activities) and which aspects they cannot control (like duration of the separation, routines of the new environment). The least homesick children are those who change what they can about the separation and adjust to what they can't, and that takes practice.

Each summer, many children will have to deal with feeling homesick if part of their summer involves sleep-over camp, but parents can play a big role in helping their children overcome homesickness, say psychologists.

[Click Here for Article](#)

PSYCHOLOGICAL EVALUATIONS

Throughout the year and especially this time of year I am often asked if Apple Psychological provides psychological testing services. As many of you may know the answer is YES. Apple psychological staff members are all trained in providing cognitive, educational, and social-emotional evaluations to identify learning strengths and weaknesses as well as provide specific recommendations to enhance educational and personal growth.

If you are considering a psychological evaluation for your child or someone you know, the summer is an excellent time to do this because children have more free time and recommendations can be made for the upcoming school year.

Apple Psychological's staff members have been administering psychological measurements for 10 years and are well equipped to choose the appropriate battery of tests that is specific to the referral question. Additionally, staff members administering the assessments have all worked in schools and understand the ins and outs of obtaining special education services that are appropriate to meet your child's needs.

ONLINE VIDEO THERAPY

Apple Psychological has been successfully utilizing Online Video Therapy via Skype for over 3 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

Benefits of psychological testing:

- *A student's need for testing or program accommodations
- *Personality issues or difficulty with relationships
- *Specific learning styles or learning disabilities
- *Recommendations for educational and emotional development

Testing services are provided in Manhattan and Long Island and we can accommodate evening as well as weekend appointments.

Please contact us today to discuss your specific need and how Apple Psychological can best help you and your child.

SEASONAL AFFECTIVE DISORDER- IN SUMMER?

The weather outside is getting warmer, the days are growing longer, events like graduations and weddings and outdoor barbeques are looming on the horizon. People expect you to be happy right now, but instead you actually feel more depressed and irritable than in the winter. Why?

[Click Here for Article](#)

UNDERSTANDING ANXIETY DISORDERS AND EFFECTIVE TREATMENT



Everyone feels anxious from time to time. Stressful situations such as meeting tight deadlines or important social obligations often make us nervous or fearful. Experiencing mild anxiety may help a

person become more alert and focused on facing challenging or threatening circumstances.

But individuals who experience extreme fear and worry that does not subside may be suffering from an anxiety disorder. The frequency and intensity of anxiety can be overwhelming and interfere with daily functioning. Fortunately, the majority of people with an anxiety disorder improve considerably by getting effective psychological treatment.

[Click Here for Article](#)

Patients say that they find online sessions using Skype 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.

It is surprising how effective Online Video Therapy sessions are. 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. It is a lifeline for those with [agoraphobia](#), who are trying to learn how to cope with venturing out.

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 at: www.skype.com

Skype is totally private and costs nothing to use.

[Apple Psychological](#)
[Contact Apple Psychological](#)
[Map of NYC Office Address](#)
[Map of Great Neck Office Address](#)



[Join our Mailing List!](#)

[Forward email](#)



Try it FREE today.

This email was sent to akapepe@me.com by drstaci@optonline.net | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Apple Psychological | 45 North Station Plaza Suite 210 | Great Neck | NY | 11021