

## **Alyssa Mandel, MSW**

### Description:

We provide a full range of supportive psychotherapeutic services to people in need. Our holistic approach to therapy enables us to "be where the client is" and incorporates various techniques including Cognitive-Behavioral Therapy, Mindfulness Therapy, Psychodynamic approaches, Dialectical Behavioral Therapy and Family Systems Therapy. As a result, we are capable of treating a variety of life's

challenges such as:

Adolescent Issues

Anxiety/Panic Disorder

Career Counseling

Couples Counseling/Pre-Marital Counseling

Depression

Eating Disorders

Anorexia

Bulimia

Binge Eating Disorder/Compulsive Overeating

Over-exercising

Family Therapy

Gambling Problems

Interventions

Marriage Counseling

Post-Partum Depression

Drug/Substance Abuse and Dependence

Substance Abuse

Alcohol Abuse/Dependence

Narcotic Abuse

Opiate Abuse

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