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HEALTH

Short term psychotherapy reviewed

With rapid changes in the world's economy and technology, a growing need to treat emotional stress via cost effective, short term psychotherapy has emerged. Spurred by limits on the number of sessions financed by third party payment, people opt to seek more result-oriented short term psychotherapy.

Keeping up with these recent trends in the field, the multi-disciplinary clinic of Associated Psychotherapists of NJ, Inc., located in Ridgewood, has set its goal to apply a swifter more effective and innovative clinical intervention to individuals in need of psychological help.

"This is a totally unique method," says Dr. Moti Peleg, licensed psychologist and the president of Associated Psychologists of NJ, Inc. "It is a psychological approach which has helped hundreds of people to achieve, within a short time, a better state of mental health."

The newly developed intervention is a form of cognitive-hypnotherapy. It was founded by the clinic's medical director, Daniel Kuhn, M.D., a psychiatrist with a practice in New York.

The approach applies combined cognitive therapy, hypnotherapy, and guided imagery to the treatment of various emotional disorders.

During the process of treatment, the patient releases negative emotions which in turn brings about immediate relief and renewed awareness of self.

The method engages the patient in a series of repetitive processes of creating and diffusing

visions of emotionally charged subjects and by repeatedly verbalizing these emotionally charged key phrases. By dissolving these emotionally distressing themes, the patient experiences a renewed ownership of the self from which he/she removed themselves. Thus, it is a recovery of the original identity. It is a therapeutic method in which the patient is actively involved in the process of treatment while the therapist serves as an active guide towards the resolution of the problem.

An important component of the process is the patient's ability to reduce and/or dissolve a myriad of mental conditions while bringing an inner calm and a better alignment of thoughts, perceptions, and emotions. This short term treatment (3 weeks up to 6 months) brings about a stable state of well-being, enhanced creativity and a recovery of functional skills. In most cases, the method has been extremely effective in bringing on immediate relief and resolution to chronic anxiety, reactive depression, inhibitions, post traumatic stress disorders and compulsions including substance abuse, over-eating, smoking, and addiction to a person.

This new approach was developed initially while treating soldiers who were traumatized on the battlefield. It was successfully applied later on in cases of dissociative disorders, phobias and obsessive compulsive disorders as well as in certain types of personality disorders and a wide range of psychological conditions.

Dr. Peleg, who has worked since 1987 closely under the direction of Dr. Kuhn, quickly recognized the tremendous value of this new treatment method and applied it successfully in the treatment of many of his patients.

This new center, with its advanced approach, consists of a multi-disciplinary team made of a neuro-psychiatrist, psychologists, and clinical social workers.

Dr. Kuhn also supervises a state-of-the-art, non-invasive brain mapping test, which measures the electric activity of the brain and detects subtle brain dysfunctions which correspond to both neurological and psychiatric conditions.

These tests assist in the differential diagnosis of diverse conditions like learning disability and hyperactivity disorder, different types of depression and dementia, as well as neurological conditions like stroke and multiple sclerosis.

Many neuro-psychiatric conditions like learning disability, hyperactivity, schizophrenia, manic depressive illnesses, dementia and depressions have both neurological and psychiatric components to them. The brain activity of patients can now be tested and measured quantitatively and then analyzed diagnostically.

This test battery can detect and quantify, with high probability, functional brain abnormalities and strongly suggest the diagnosis of a wide variety of neuropsychiatric conditions.