

New Beginnings News

Groups

Dialectical Behavior Therapy (DBT):

DBT is for those adults who have intense moods which can be quickly triggered, feelings of numbness and/or emptiness, difficulties coping with strong emotions, and/or problems in relationships. Group focuses on learning skills to deal with these difficulties. It involves Mindfulness, Distress Tolerance Skills, Emotion Regulation Skills, and Interpersonal Effectiveness Skills. Each group member is required to attend one group and one individual session a week at New Beginnings. The groups will be led by Nisha Chitkara, Ph.D. and co-led by Kimberly Paredes, M.A. Groups have begun and the next cycle of groups will start after the New Year.

Social Anxiety:

The Social Anxiety Group is for adolescents who are nervous in situations where they may be judged by others like school, stores, restaurants, etc.



Happy Fall Everyone!

Well, the weather's getting a bit cooler and the leaves are changing, and the school's are in full swing...how quickly the seasons pass. We, at New Beginnings, are here throughout all the seasons (hopefully with special chocolate lollipops coming soon!) to guide you through the transitions of the year and your lives.

“Autumn is a second spring when every leaf is a flower.”

~Albert Camus

What's new at New Beginnings?

We would like to welcome a new psychologist to the practice, Dr. Caitlin Conroy. She received her degree in Clinical Psychology

Groups continued

These difficulties interfere with the persons school or social functioning. Group members in the group will learn about their anxiety and how to combat it with fun and engaging activities. Groups will be held once a week. They will be led by Nisha Chitkara Ph.D. and co-led by Kimberly Paredes, M.A. Groups have started and the next cycle of groups will begin next month.

Weight Loss Through Hypnosis:

Successful weight loss is intimately connected to your relationship with food and your body. Come join Dr. Risa Levenson's group or meet with her one on one to discuss your weight loss goals. Dr. Risa Levenson is a Certified Hypnotherapist who will be running group starting in the first week of October in both our Huntington and Sound Beach locations.

If you would like more information about any of our groups please speak to your doctor or ask Kimberly.

New Beginnings Psychology
775 Park Avenue, Suite 310
Huntington, NY 11743
(631) 784-7761

6 New York Avenue
Sound Beach, NY 11789
(631) 849-1300

from Ferkauf Graduate School of Psychology at Yeshiva University. Dr. Conroy had very diverse experiences in psychological settings and with various populations. She works with people struggling with mood disorders, anxiety, substance abuse, schizophrenia, and much more. Dr. Conroy treats children, adolescents, and adults in both the Huntington and Sound Beach Locations. She is trained in cognitive behavioral therapy, dialectical behavior therapy, and psychodynamic therapy. Please look on our website at www.newbeginningspsychology.com for more information about Dr. Conroy or any of our doctors.

Our Adult DBT and Adolescent Social Anxiety Groups have been a great success. If you missed the start of these groups, no worries, we will start them again in a month or two. The Hypnosis groups will be starting shortly. If you would like to join any of these groups please speak to your doctor or Kimberly.

What should you expect from therapy?

Many people are unsure of what to expect from a therapy, especially if it's their first time coming in for therapy. Although therapy may be anxiety-provoking at first, therapy should be a place you can share your thoughts and feelings without being judged. You should be comfortable asking your therapist about the therapeutic process (which is often different depending on your therapist), goals, and progress in therapy. If you have questions or concerns about anything ask your therapist. *Remember, you are going to therapy for you. Be your own best advocate.* If you would like resources or more information about something ask your therapist. Some people come to therapy and expect to be "cured" in a few sessions. Unfortunately, this is usually not true. Therapy is hard work. You may feel great after some sessions, and not so great after other sessions. The key to success is keeping with it and having a trusting relationship with your therapist who you can work through the difficulties you're having with and come out a more enlightened, confident, well-adjusted person.

To submit a question or topic you would like discussed in the newsletter or any recommendations you have, please email us at NewBeginningsPsychology@yahoo.com and put "question" in the subject line.

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