



Our goal

is to help people lead healthier, happier, and more productive lives.

Directions

From the North Shore (West)

Go east on Northern State Parkway which becomes Route 347. After 12.3 miles, Route 347 becomes Route 25A. Go east for 2.7 miles. Office is on the left (North) side of Route 25A.

From the North Shore (East)

Go west on Sound Avenue which turns into Route 25A. Continue west for 8.4 miles. Office is on the right (North) side of Route 25A.

From the South Shore

Take Long Island Expressway (LIE or 495) to Exit 63 North. Turn at traffic signal onto N. Ocean Avenue/Route 83 (also known as Patchogue-Mt. Sinai Road). Go approximately 8 miles. Turn right on Route 25A. Go east for 1.6 miles. Office is on the left (North) side of Route 25A.

About the Clinical Director

Joseph S. Volpe, Ph.D. is a Clinical Psychologist and School Psychologist. Dr. Volpe specializes in the evaluation and treatment of individuals across the life span with Attention-Deficit Hyperactivity Disorder (AD/HD). He is a guest lecturer, workshop leader, and consultant. Dr. Volpe is the producer and narrator of the DVD, *Attention-Deficit Hyperactivity Disorder (AD/HD): Fact or Fiction?* (2006), is co-author of *A Practical Guide for University Crisis Response* (2004), *A Practical Guide for Crisis Response in Our Schools (Fifth Edition)* (2003), and *Selected Papers on Attention-Deficit Hyperactivity Disorder* (2001). Dr. Volpe has served as an Adjunct Professor in the Psychology Departments of Long Island University, C.W. Post Campus and the State University of New York, College at Old Westbury. Dr. Volpe is a member of the Professional Advisory Board for Children and Adults with Attention-Deficit Disorders (CHADD) of Suffolk County.



HELPING CHILDREN, ADOLESCENTS & ADULTS

Specializing in:

Attention-Deficit/Hyperactivity Disorder (AD/HD)

Anxiety

Traumatic Stress

Posttraumatic Stress Disorder (PTSD)

Depression

Stress & Anger Management

Behavior Modification

Psychological & Educational Testing

Comprehensive Neuropsychological Evaluation

Assessment of Autism Spectrum and

Developmental Disorders

Social Skills & Assertion Training

Smoking Cessation

Memory & Learning Disorders

Vocational Testing

College & Career Counseling

Individual, Family & Marital/Couples Therapy

EAST END PSYCHOLOGICAL SERVICES, P.C.

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MILLER PLACE, NY 11764

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www.eepservices.org

About Our Services

East End Psychological Services provides comprehensive psychological support including:

Cognitive-Behavioral Therapy (CBT)

Cognitive-Behavioral Therapy combines two powerful types of psychotherapy - cognitive therapy and behavior therapy. *Cognitive* therapy teaches people how to change faulty thinking patterns that are causing emotional symptoms. *Behavior* therapy helps people modify the connections between problematic situations and their habitual reactions to them. Clients learn to "replace" maladaptive behaviors (e.g., self-defeating or self-damaging behaviors) with more efficient and functional behaviors. Behavior therapy also teaches individuals how to calm their mind and body, so they can feel better, think more clearly and make better decisions. When combined, behavior therapy and cognitive therapy provide people with very powerful tools for stopping problematic symptoms and getting their life on a more productive and satisfying path.

School-Based Consultation

We serve as a liaison between your child and your child's school to facilitate communication and treatment planning. Our clinicians consult directly with teachers, help develop accommodation plans (e.g., 504 plans) and assist with the Special Education process (when indicated). All staff psychologists are also certified school psychologists in New York State.

Psychological and Neuropsychological Testing

To determine if learning, memory, reading, attentional, executive functioning, verbal, social, and/or emotional problems are interfering with better functioning, a psychological evaluation may be very helpful. Assessment for Autism Spectrum and Developmental Disorders is available as well. Testing is highly individualized to meet the specific needs of our clients.

Cognitive Rehabilitation

Restorative exercises and compensatory strategies for memory and other cognitive deficits are used to assist those with traumatic brain injury (TBI), accident trauma, and unexplained cognitive problems. Techniques to address weaknesses associated with illnesses and injuries such as stroke, dementia, and seizure disorder are employed as part of our comprehensive treatment.

Parent Support and Family Therapy

Sessions with parents are routinely provided to develop and enhance communication and relationships within the household. Family therapy, marital therapy, couples and relationship counseling are also offered by our staff.

Referrals

Referrals for pharmacological, neurological and psychiatric evaluations are given when necessary. Our clinicians work closely with local pediatricians, family physicians, neurologists and psychiatrists to ensure the highest level of appropriate care.

Telephone Consultation

Telephone consultation is available upon request. When schedules conflict, our psychologists can provide telephone time for you outside of regular office hours when necessary.

The Institute for Psychological Wellness™

The Institute, a division of East End Psychological Services, offers comprehensive assessment and training of skills necessary for personal well-being and healthier life styles. Services include a six-session smoking cessation program, assertion, social, and communication skills training, as well as guidance in stress management and relaxation skills. The Institute also provides educational outreach through professional workshops, in-services, and lectures for schools and other organizations.

Vocational & Career Development Program

Whether you are a high school senior, college student or an individual looking to change careers, our staff can help you to reach your vocational, educational and career potential through practical assessment. Our staff develops a personalized evaluation that includes interviewing, in-depth personality testing, and state-of-the-art career interest inventories. Upon completion of this assessment, the psychologist and client work together to help discover the "best fit" colleges and/or career paths. A comprehensive report is provided with a summary of the client's abilities, interests, and personality traits as well as clear and practical recommendations to help achieve his or her educational and/or vocational goals.

Our clientele includes high school students looking for assistance in choosing a college, college students in search of a major, and individuals looking to switch careers or return to the work force after a leave (due to personal choice, illness or injury). Other services that are available include SAT preparation, assistance with the college selection/application process and help with resume-writing and job interviewing techniques. We also provide training in time management, planning and organizational skills.



For more information, please visit
East End Psychological Services at
www.eepservices.org