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Live, Love, Grow Strong!

A publication of **Midtown Counseling Associates, Inc.**

271 Madison Avenue, Suite 708, New York, NY 10016

Hello and Welcome...

I'm Ellen Gregory, M.A., LMFT, Founder and President of Midtown Counseling Associates, Inc., located on Madison Avenue, in Midtown Manhattan. I want to thank all of you for being a part of my practice and welcome you, if you are newly experiencing our services.

This newsletter provides one space for clients, friends, and colleagues to stay updated on our work, services, the growth of our practice, and the Marriage and Family Therapy profession. In addition, I hope *Live, Love, Grow Strong!* will enhance your life, your relationships, and provide you

with helpful tools and resources to continue your therapeutic journey toward loving your life.

Please feel free to contact us with any topics, concerns, or areas of interest you would like addressed. We are always interested in creating new programs, and we welcome your feedback and community collaboration. I look forward to hearing from you!

Ellen Gregory, M.A., LMFT
Ellen@midtowncounseling.com

Our Work Treating Anger in Relationships

Treating anger in relationships has been the focus of our work since Midtown Counseling was established in 2001.

We have a unique edge that most clinicians in NYC don't have. Not only do we really know about anger, but we are also systemically trained as Marriage and Family Therapists (MFTs) to provide the best services for relationships. We help where some therapists can't. We understand the unique cyclical dynamics anger creates in couples and families, and we know how to break them. Whether we treat clients individually, as a couple, a family, or in a group setting, clients learn how to reduce destructive anger and how to create positive and supportive relationships geared toward

“We understand the unique cyclical dynamics anger creates in couples and families and we know how to break them.”

personal growth and fulfillment.

Our Anger Management programs are enlightening, empowering, and eye opening.

Our goal is not only to rid clients of destructive anger, but also to increase the perspective and perceptions of the surrounding environment, to allow for the experience of many emotions previously stifled by anger, so that clients can enjoy life again!

How can we help you?

As an individual: we show you how to identify pain that you are feeling, hidden beneath feelings of anger. We will teach you coping mechanisms to deal with the pain, anxiety, and stress that your life brings. We will then show you how to express your pain, emotional and physical needs and wants, to identify changes

that need to be made in your life, and to use healthy anger when appropriate.

As a couple: we show both partners how they co-create cyclical dynamics and habits, and how easy it is to become co-dependent to anger. We will teach both of you to set healthy boundaries, explore pain hidden beneath anger, and how to express yourself in a healthy way. Additionally, we show couples how to finally hear each other, and be heard, so that problems and issues can be addressed and/or resolved.

As a family: we employ the same treatment as stated above with an additional component of parenting skills and awareness. Parents learn the extent to which children model their behavior and reactions, and they learn to model positive ways to resolve conflict.

Go to Page 4 For Group/Program Info...

From the President's Desk

As always, I would like to thank all of you for being a part of my life, both professionally and personally.

Most of you know I married the most awesome man this past October, Brian Gregory – hence the name change to Ellen Gregory! Holding to my true spirit, I have wasted no time in creating the next generation. We are expecting our first child in July of 2007. Do I sense a future MFT? Or perhaps a Sport Bike racer? ...Hmmm...I'll have to think about that one!!

With the master plan always in mind, I have decreased my own personal caseload to take on other challenges and responsibilities, working toward the growth of my own professional career, as well as enhancing the services Midtown Counseling offers.

That being said, I am now available for consulting projects to help organizations develop and create their own anger management programs, as well as speaking engagements on the following topics: *What is Anger and Why Me: A Look at Generational Anger, Parenting Without Anger, and Anger-*

Healthy Kids.

I am in the middle stages of developing a multi-level anger management program for a New Jersey school district. We have had numerous development and rollout meetings with the school administrators, teaching staff, guidance counselors, and parents. Our first round of groups begin mid-February, so stay tuned for results in the next newsletter!

Lastly, I am working with my staff on becoming more of a presence in the therapeutic community, and we are looking forward to projects to help further the growth of our profession as Marriage and Family Therapists. The year 2006 finally brought licensure and the next few years will bring growth!

Please join us in our development efforts. A community of collaboration is better than a single voice. We are all in this together!

Warmly,

Ellen Gregory, M.A., LMFT

We Are Building a Center of MFTs

We hire three categories of clinicians:

1. Already licensed Marriage and Family Therapists
2. Post-grad clinicians still gaining clinical hours towards Licensure as a Marriage and Family Therapist*
3. Student Interns*

If you have an interest in working for us, please submit your resume and cover letter to Ellen@midtowncounseling.com

*We provide AAMFT Approved Supervision

Office Space Available

Furnished counseling offices for rent. Madison Avenue, between 39th and 40th
Call Ellen at 646-369-0759, or email Ellen@midtowncounseling.com

The Marriage and Family Therapy Profession in NY

.As most of you know, the profession our practice is based on is Marriage and Family Therapy (MFT). The Founder and President of our practice, Ellen Gregory, M.A., LMFT, is a Licensed Marriage and Family Therapist, an Approved Supervisor Candidate for the American Association of Marriage and Family Therapy (AAMFT), and a Clinical Member of the AAMFT.

New York State recently acquired licensure for the MFT profession (2006). Prior to a legally identified scope of practice, any person could practice couple and family therapy or call himself/herself a couple/family therapist, regardless of education and training.

This time in our profession is exciting to us because we care deeply about providing quality services to our clients, and we are leading NYC in establishing a private practice feel/counseling center community dedicated to the training, research, and the

development of current and future MFTs.

Our next step in furthering our field is to become a practicum training site for student interns. This coming June we will be working with Iona College in training a student of theirs, while she obtains her MS in MFT. As we grow, so will our practicum positions. We hope, by providing a space for therapeutic development, that we will be able to offer lower cost, high quality services to clients in the future.

Additionally, we are developing a new voice for MFTs that educates the public on services offered, brings awareness to the unique qualifications MFTs hold, and highlights the differences in therapeutic disciplines and modalities. All clients should become educated consumers in regards to the education and background of their clinicians. We will reserve a space in each newsletter to accomplish this.

In a complex world where relationships provide the most comfort, support, and warmth, and yet can be the most damaging part of our lives, MFTs are the clinicians of choice to help clients heal, learn to live, to love, and to grow stronger with every new relationship they encounter.

For more resources and information on marriage and Family Therapists see below:

American Association of Marriage and Family Therapy
www.aamft.org

What is Marriage and Family Therapy?
http://www.aamft.org/faqs/index_m.asp#what

What are the qualifications for a Marriage and Family Therapist?
http://www.aamft.org/faqs/index_m.asp#who

Practice Updates and Staff Highlights

We Have Moved!!!

Finally...we are moving to a larger location and doubling our space. As of February 26, 2007, we will be located at 271 Madison Avenue (between 39th and 40th), Suite 708.

We will miss the brownstone and it's homey feel. However, we have taken all of your recommendations into consideration and will keep the warm and soothing environment we have created.

THANK YOU to our clients who used our temporary location at 280 Madison. It will all be worth it!

Staff Changes...

Elena Hull, M.A., LMFT, CAT

Elena has once again proven herself to be an exemplary employee and a dedicated presence in the growth of Midtown Counseling. In January 2007, Elena was promoted to Clinical Supervisor and Practice Development Coordinator. Her new responsibilities involve supervision of our Licensed Staff, Marketing and Development to increase client

referrals, and to increase the presence of Midtown Counseling in the NYC MFT arena.

Melissa Kester, M.A. in MFT

Melissa received her Master of Arts Degree in Marriage and Family Therapy from Hofstra University, Long Island, New York, where she focused on biological and evolutionary aspects of families and relationships, domestic violence, and alternative family lifestyles.

Melissa is active in the advancement of the Marriage and Family Therapy Profession. She is an adjunct faculty member at Hunter College, where she instructs students on Family Systems and Counseling Issues for the Department of Educational Foundations and Counseling Programs. Melissa was elected by her professional peers to sit on the New York State Division Board of the American Association for Marriage and Family Therapy. In addition to leading various workshops and writing articles, Melissa is currently preparing to hold a series of lectures for up and coming therapists entitled; Becoming Licensed in Marriage and Family Therapy.

Often described as an advocate, Melissa applies her knowledge of social sciences, biology, and evolution to question societal views that encourage inequality. She recognizes how these social constructs affect both individual self-worth and relationship dynamics.

Melissa's clinical approach is integrative, combining multi-generational, structural, and solution-focused theories. She recognizes the unique qualities each individual possesses and believes in complimenting them with an appropriate clinical approach. Through open dialogue and active listening, Melissa nurtures an environment for constructive change.

Melissa specializes in working with individuals, couples, and families as they relate to systemic therapy. Having worked with victims of hate crimes, sexual assault, and domestic violence, she focuses on power dynamics as they arise in relationships and society. For individuals who have suffered trauma, she offers a safe place where they can speak openly and are empowered.

To learn about all of our clinicians, visit our site at www.midtowncounseling.com

Healing from Trauma—A Group Experience

Midtown Counseling is pleased to offer a new psychotherapy group for adult clients who have experienced traumata, whether it be sexual or physical abuse, witness to abuse or a crime, victims of natural or man made disaster, combat, etc.

J. Brooke Radder, Ph.D, will educate group members regarding trauma, Post Traumatic Stress Disorder, and its symptomatology. Brooke will also provide a safe space for members to process their trauma, to identify ways in which they continue to feel traumatized, and/or identify ways in which their traumatic experiences currently affect their lives.

The purpose of this group is to provide a comfortable, safe experience of healing,, therefore, it will not be necessary for members to explicitly discuss the details of their specific traumas if they are not ready or willing, only to participate in their own process of healing and growth.

Do You Experience Any of These Trauma Related Stress Symptoms?

- Flashbacks or disturbing memories
- Nightmares
- Feeling like the event is occurring again either physically, emotionally, or mentally
- Feeling fearful for no apparent reason
- Depression and anxiety
- Avoiding talking about the event/s or avoiding things that remind you of the event
- Using substances to cope
- Isolating yourself from friends and family

These symptoms are common reactions to traumatic events of various kinds. All people have a "fight or flight" response that naturally helps us deal with crisis and stay safe.

Once it is turned on, this system sometimes

does not turn off, leaving people to suffer for years without realizing what is going on.

Often individuals who have experienced trauma have not only internalized a version of the actual perpetrator of the trauma, but a far more sadistic and brutal perpetrator. What occurs is a psychological factor that has been set loose in the inner world by trauma – a traumatogenic agency within the psyche itself working to maintain the traumatized remainder of the personal spirit in an isolated reality.

Some individuals may not recover from the trauma alone, and symptoms can persist. The aim of this group is to foster an environment leading to acceptance and recognition of one's trauma story, and to develop each members strength and resiliency to overcome.

This Group Begins in March, 2007

Call us now at 917-968-5599 to enroll.

See Page 4 for more specifics...

Midtown Counseling Associates, Inc.

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web: www.midtowncounseling.com

For a **paper mailing of this publication** please send request to Ellen@midtowncounseling.com

Indicate recipient and number of copies

Groups and Workshops

Adult Anger Management Group: Led by Melissa Kester, M.A. in MFT

START DATE: March 14, 2007 TIME: Wednesdays, 6:30-8:00

DURATION: 10 Weeks (A new group runs every 10 weeks)

Creative Healing: An Art Therapy Group for Women

Led by Elena Hull, M.A., LMFT, Licensed Marriage and Family Therapist and Creative Arts Therapist

START DATE: April 5, 2007 TIME: Thursdays, 6:30-7:45

DURATION: 7Weeks (A new group runs every 7 weeks)

Interfaith/ Intercultural Relationships: How to Grow Together as a Couple

Led by Ami Bhalodkar, MPH, Ordained Interfaith Minister

This will be a 4-part psycho-educational series, meeting on Saturdays, beginning June,2007.

Each section will last approximately 1.5 hrs in length.

Couples can experience the same program in regular couple therapy sessions. Ask for Ami!

Healing From Trauma—A Group Experience

Led by Brooke Radder, Ph.D.

START DATE: March, 2007 TIME: Mondays, 6:30-8:00

DURATION: 10 Weeks (A new group runs every 10 weeks)

Fees:

Group sessions are \$75 per session with an intake fee of \$125.

Psycho-educational series are \$75 per hour

Call now and register if you are interested! - 917-968-5599

Our Counseling Services

Midtown Counseling provides counseling services for individuals, groups, couples, and families.

Additionally, we provide psycho-educational workshops and seminars on a variety of subjects, and we offer group counseling for selective needs.

We focus on providing a warm, welcoming, and attractive environment for our clients. We are a small counseling center, yet we maintain the feel of a private practice.

Each therapist employed by Midtown Counseling maintains an independent practice style, and clients only interact with their assigned therapist..

Call us at **917-968-5599** for more information!

We have no doubt you will feel at home!

We believe that everyone deserves a happy, loving, and fulfilling life, and it is our job to help you achieve yours!