

We can safely and effectively treat mental illness by focusing on psychopharmacological issues from the perspectives of age and age-related disease effects on particular organ systems, taking into account possible drug interactions

■ **Drugless Treatment Options**

We strongly believe that nowadays psychotropic medication have been overused. Many mental problems, such as low-grade depression, anxiety, insomnia, etc. **can be resolved by using psychotherapeutic approach only**. However, according to multiple studies when the use of medications is a necessity, psychotherapeutic treatments not only facilitate outcome but also tremendously prolong periods of remission. That's why in our Center we start to revitalize your mind by widely using drugless treatment including all psychotherapeutic modalities on individual and group basis:

- Cognitive-Behavioral therapy (CBT) with all types of Relaxation Training (Breathing Retraining, Progressive Muscle Relaxation, Meditation, Autogenic training, Biofeedback)
- Psychodynamic and interpersonal therapy
- Supportive therapy with counseling and coaching
- Family/couple therapy including sex therapy to resolve interpersonal or marital conflict

■ **Our Psychotherapy Groups**

- Women Support
- Anger Management
- Interpersonal Relationships
- Medical Conditions Support
- Support Group for Caregivers
- Memory Enhancement Support Group for Elderly (including Alzheimer's disease)
- Group Therapy for Children
- Support Group for Young Adults
- Support Group for Professionals
- Substance Abuse Prevention
- "Marriage Institute"

■ **Additional Services for Elderly**

- Memory loss reversal in early stages of Alzheimer's disease
- Memory Enhancement Program to prevent memory worsening and delay progression in early stages of Alzheimer's disease
- Supportive therapy and grief management in a one-on-one confidential setting
- Developing specific skills for adjustment to multiple losses and changes within their environment

- Meetings with family members or caregivers to help them to understand the nature of aging process and learn how to deal with it

■ **Additional Services for Children and Adolescents**

- Assessment and evaluation by a child psychiatrist or psychologist
- Psychotherapy specifically designed for children and adolescents. It is based on age and type of issue and is focused on helping the child or adolescent to express their conflicts and feelings through talking (Individual / Group therapy), playing (Play therapy), drawing (Art therapy)
- Parent guidance - regular meetings with the parent or guardian to discuss progress and how to address any new issues that may arise

OUR TEAM

All of our personnel are licensed in the state of New Jersey, professionally qualified, highly trained and experienced. Our staff possesses multilingual (English, Spanish, Hebrew, Hindi, Russian, Ukrainian) abilities to aid better avenues for communication and understanding between staff and our clients.

Marina Tourkova, MD, MAPA
Geriatric and Adult Psychiatry
Medical Director

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Child and Adolescent Psychiatry

Mona Patel, MD
Child and Adolescent Psychiatry

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We will revitalize your mind!

Center of
Revitalizing
Psychiatry, P.C.



**The Center of
Revitalizing Psychiatry
is a Full Service Clinic**

that is dedicated to providing psychiatric care and consultations, diverse psychotherapy, education and advocacy for the **adults, elderly, children, and adolescents and those who care for them.**

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ADULT DIVISION

The main issues addressed in the treatment:

- Depression or emotional distress (a bad mood for a long period of time, feeling depressed, sad, helpless, hopeless, not motivated, anxious, irritable, having trouble concentrating and organizing your work, sleeping, eating)
- Mood swings. Manic depression (sudden changes in your mood from hyperactivity and irritability with inappropriate behavior such as impulsive spending or gambling to being depressed and apathetic)
- Anxiety (excessive nervousness and worry, difficult to control)
- Social Phobia (persistent fear in being exposed to unfamiliar people and situations)
- Panic Attacks (intense fear or discomfort accompanied by several symptoms: difficulty to breath, heart palpitation, sweating, chest pain, nausea, etc)
- Post-traumatic stress disorder (emotional distress after accident, sexual /physical abuse or other traumatic event)
- Obsessive-compulsive disorder (emotional distress due to recurrent thoughts or repetitive behavior)
- Adjustment to major life-changes: such as immigration, loss of loved ones, divorce, grief and loss or dealing with a medical problem, marital problems, divorce or separation, work-family issues or teen relationships
- Relationship issues
- Anger/stress management
- Attention deficit disorder (Adult ADD)
- Eating disorders
- Alcohol and Drug related addictions
- Sexual dysfunctions (impotence, premature/retarded ejaculation, desire problem, problem with reaching an orgasm)
- Memory loss (due to aging or due to Alzheimer's disease, Vascular Dementia)
- Being a caregiver of mentally ill person
- Schizophrenia and other psychotic conditions



CHILD AND ADOLESCENTS DIVISION

We work with children ages 2 and up presenting with:

- Attention-Deficit Hyperactivity Disorder
- Depression (feelings of sadness, loneliness, or hopelessness and these feelings do not go away)
- Lost interest in activities and hobbies
- Low self-esteem
- Experiencing changes in sleep and eating patterns
- Avoiding friends or other relationships
- Showing lack of concentration
- Crying often with no reason or shuts down without any explanations
- Anxiety (nervousness, being often worried, panic attacks)
- Posttraumatic Stress Disorder (nightmares, bed-wetting, fears due to traumatic event)
- School Phobia
- Academic problems
- Oppositional-Defiant Disorder
- Anger/ Inability to cope with stress
- Distortion of Body Image
- Drug or Alcohol Addictions
- Difficulty to adjust to life changes (parents' separation/divorce, grief and loss, dealing with medical problem)
- Bed-wetting



GERIATRIC DIVISION

The main issues addressed in the treatment:

Personal mental health

- Depression or Mood instability
- Anxiety
- Loss of memory
- Behavioral Problems (agitation and disorientation)
- Psychosis
- Dealing with grief
- Changes in sleep pattern and appetite
- Irritability
- Emotional sensitivity and vulnerability



Life's transitions—periods of loss

- Loss of health
- Loss of Relationship

- Loss of Property
- Loss of Independence

Family interaction

- Family members' perception of the elder members and their needs
- Changing family dynamics
- Loss of control in family situations

Peers and friends:

- Communication failure
- Self-exile
- Interpersonal relationship problem

EDUCATIONAL DIVISION

Through the use of ongoing support groups, seminars or individual treatment modalities, our Center can provide Education for Professionals, Co-Workers and Clients in your environment:

- Provide ongoing preventative maintenance to staff
- Offer colleagues anger management
- Engage in ongoing stress reduction and relaxation groups
- Create co-worker and client cohesion
- Learn to identify various difficulties and needs for treatment
- Manage difficult clients
- Learn about various diagnosis, symptoms and treatment methods
- Prevent workplace burn out

Continuing education and in service information is vital to maintaining employee wellness and providing quality service. Whether you've noticed your co-workers, yourself or your clients exhibiting behaviors which may need attention, call our Center to find out which service is best. We can provide in service education or seminars for small and large groups or individuals.

METHODOLOGY

Center offers multidisciplinary services and provides unique and high quality psychiatric help including team work approach with psychiatrists, psychologists, clinical social workers and professional counselors:

- Comprehensive Psychiatric Assessment
- State-of-the-Art Psychopharmacology