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Private practice nyc

DR. ORA PEARLSTEIN Dr. Ora Pearlstein's interest in medicine began with a love of biology while completing her Bachelor of Arts at Barnard College in New York, graduating Magna Cum Laude, Phi Beta Kappa and receiving the Constance Von Wahl Award for Excellence in Biology. Dr. Pearlstein graduated from The University of Maryland School of Medicine in 1995, where she was elected to the Alpha Omega Alpha Honor Medical Society. She completed her internship and residency in internal medicine at Beth Israel Hospital in Boston, a hospital of Harvard Medical School, and became board certified in Internal Medicine in 1998. After completing her residency, Dr. Pearlstein joined the faculty at the College of Physicians and Surgeons of Columbia University where she was an Assistant Clinical Professor of Medicine and served as the course director of the Introduction to Clinical Practice course for medical students. Dr. Pearlstein also worked as a clinician and educator at Long Island College Hospital, before joining Downtown Primary Care and the faculty at New York University Langone Medical Center, as an Assistant Clinical Professor in Internal Medicine. As a concierge physician, Dr. Pearlstein enjoys being able to focus on patient-centered care and promoting wellness and a healthy lifestyle. She has been practicing medicine in New York for 25 years and is recognized as a Castle Connolly Top Doctor, New York Super Doctor, and an Exceptional Woman in Medicine. DR. CLAIRE BINSOL Dr. Claire Binsol has practiced as a primary care internist in New York since 2010 and holds a board certification from the American Board of Internal Medicine and an additional board certification in Obesity Medicine. Her academic research has appeared in multiple scientific publications and poster presentations. Dr. Binsol is also a Clinical Instructor at the NYU School of Medicine. A science lover at heart, Dr. Binsol earned her undergraduate degree in biochemistry at the State University of New York at Stony Brook. Her passion for helping people drove her to pursue a further degree in medicine at Touro University California College of Osteopathic Medicine (2007) and she completed her internship and residency in internal medicine and primary care at the former St. Vincent's Hospital in Manhattan through New York Medical College. There, she was named Primary Care Chief Resident in 2010. In her daily practice, Dr. Binsol's focus is on creating and maintaining strong relationships with each individual patient. She provides proactive and preventive medical care and supports her patients in leading healthy lifestyles in both mind and body. Her skills as a physician, passion and knowledge of primary care, and her caring and empathetic nature allow her to provide the high-quality, personalized care that her patients need and deserve. This dedication to her field is only part of the reason that Dr. Binsol has been recognized as a Castle Connolly Top Doctor®, New York Super Doctors, and America's Most Honored Doctors. DR. REGINA JANICK Dr. Regina Janick has been practicing as an Internist in New York for 20 years. She completed her medical training and graduated from the University of Chicago Pritzker School of Medicine in 1996. Dr. Janick completed her residency at the University of Chicago Hospital and a Fellowship in General Internal Medicine/Primary Care at New York University. She is board certified in Internal Medicine and has received several honors and awards, including the Alpha Omega Alpha award from the University of Chicago, recognition for teaching excellence from the University of Chicago, the American Medical Women's Association Associate Award, the Merck Award, class honors from University of Michigan where she earned her bachelor's degree, and is a recognized Castle Connolly Top Doctor®. Dr. Janick spent several years teaching at New York University and was paramount in developing curriculum related to health communication, bedside manner, and experiential learning. In 2001, Dr. Janick co-founded Downtown Primary Care LLP in New York City and is faculty at New York University Langone Medical Center, as an Assistant Clinical Professor in Internal Medicine. Her focus on both interpersonal patient communication and the psychosocial aspect of medicine has made her successful in delivering and defining high-quality primary care to her patients. Where are you located Harley's Private Practice is an Appointment-Only salon located at 32 Union Square EAST, Suite 1107, take the North Elevators in the lobby, on the Left. You must have an appointment, no walk-ins allowed, please arrive on time, not early, for all appointments. What are your regular salon hours? Harley is available Wednesday, Friday and Saturday for regular salon hours, all appointments are booked in advance. Harley only books a small number of other clients during your time at the salon to ensure everyone's comfort. Depending on the length of your treatments, you'll see a limited number of other guests throughout the day. Late cancellations less than 24hrs will result in a fee. Private appointments are available Monday's, Tuesday's & Thursday's. Does the salon take new clients? Yes, the salon does take new clients, in fact referrals are how Harley has met most of his clients. Appointments are made weeks in advance and when openings occur sooner he will work to accommodate you. Every appointment begins with a complimentary ten minute consultation to discuss what you'd like to do with your hair. Do you offer Halo extensions? Yes, Harley has a range of Halo extensions. Your first appointment is a consultation to discuss what Halo you'd like to order, and discuss a matching cut and color for your next appointment. HALO takes 2 appointments including the initial consultation and color matching. Your first Appointment find your perfect Halo Match, provide a deposit. Harley will order your Halo and schedules your follow up appointment. Your follow up may simply be to put it on and style it, or may include cut and color services; an extra charge for cut and styling of the halo will also apply. What goes into a private appointment Every private appointment is individual one on one time with Harley, and includes a deep consultation to address whatever services you may have questions about. Ideal for those seeking the utmost discretion and familiarity with their stylist. These are ideal for clients with any particular needs they want to address with the utmost care and consultation with Harley. Harley is renowned for his care and appreciation for every client's needs. They can include affirmations, education and pampering to your every need. Do you take kids? Yes-Harley is renowned for caring for multi-generational families. He's watched children become adults and grown to care for their kids too. Do you work with Brides? Yes, Harley loves his brides! He's flown all over the world for their special day, he's available in and around Manhattan, and of course-at the salon - it's the perfect place for a bride, including bridesmaids, the groom and groomsman too. Where are your products? Sadly, due to supply chain issues, Harley has discontinued his line of original products. Private Practice is a Wella Salon, and features their full range of products and hair color to suit everyone's desired look and hair conditions, including OLAPLEX and Brazilian Bond Builder. To Book An Appointment, Click Here IV therapies are the most efficient way to supply your body with vitamins, minerals amino acids and nutrients. Come rememberize today! IV Services Choose from Ozone Therapy, B12 boost, The Vegan, Immune Booster, Wound Healer, Be Calm, Fat Buster and more! Injection Services Platelet-Rich Plasma therapy uses your healing system to heal ligaments, tendons, joints, muscles, skin, hair and more. PRP Services Treat your skin, the largest organ in your body, with care. Choose PRP Facial, PRP Facelift, or Microneedling Treatment. Skincare Services We treat adults and older adolescents with all psychiatric issues ranging from depression, mood disturbances, anxiety, low self-esteem, attention problems, feelings of inadequacy, substance abuse, sleeping difficulties, relationship issues and work stress. Treatment includes a thorough psychiatric evaluation and ongoing comprehensive treatment which may include psychotherapy, cognitive and behavioral therapy, and when necessary medications. We try to use medications sparingly and stop or reduce them when appropriate. London Terrace Psychiatry is a tech-enabled practice offering a premium service including: PHONE Email Location Hours 929-269-6422 info@LondonTerracePsychiatry.com 445 W 23 St, Suite 1EE M-Fr 7am-11pm 450 W 24 St, Suite 1B Sa-Su 10am-8pm

useful in short to mid-term periods and use practical methods that are easier to test than those of other forms of therapy. As such, New York psychotherapists like those at Citron Hennessey find this a valuable methodology for patients. Depression Depression doesn't just influence emotion or mood. It can also affect crucial mental processes like concentration, decision-making, and memory. In order to receive an accurate diagnosis and treatment plan, seeking help from a trained professional mental health counselor is important. Our counselors will work with you to decrease behaviors and mental dialogue that exacerbates depression. Anxiety Everyone experiences anxiety from time to time, but you should seek the help of a NY psychotherapist if it is holding you back. At Citron Hennessey, we will work together on a personalized program to address your anxiety using methods such as mindfulness, exposure, response prevention, systematic desensitization, problem-solving, and cognitive restructuring. Anger Anger issues can be damaging to both your personal and professional life. There is no official "anger disorder", but you don't have to wait for it to get worse to come to us. We'll help you address your triggers and identify your beliefs so you can better manage your frustration, emotional outbursts, and aggression. Obsessive-Compulsive Disorder (OCD) OCD causes major distress and can be accompanied by other conditions like anxiety disorders, depression, and eating disorders. The good news is it can respond very well to therapy. At Citron Hennessey, we use research-backed forms of therapy, including Cognitive Behavioral Therapy and a specific type of CBT called Exposure and Response Prevention (ERP). Perfectionism The internal pressures that cause perfectionism can create both emotional and mental exhaustion. We can help you break free of these chains through the use of CBT techniques and mindfulness therapy. LGBTQ+ Looking for a New York psychotherapist who understands what it means to feel different and grapple with questions of identity? Our team of counselors has expertise in helping people overcome these challenges and become happier in their lives. What Types of NYC Counseling Services are Right for Me? When it comes to treatment methods, there's no one-size-fits-all solution. However, when experiencing symptoms associated with certain mental health problems, it's important to get help. Finding a therapist in New York tailored to your specific needs is crucial for your journey toward a happier and healthier life. If you're looking for mental health counselors in NYC or anywhere else, you can narrow your search by following these tips. You should seek a New York psychotherapist for help with depression if you're dealing with psychological problems such as a depressed mood and a reduced interest in things that used to give you pleasure, loss of appetite or compulsive eating, feelings of guilt, worthlessness, or agitation, insomnia and decreased libido, lack of energy or persistent fatigue, inability to concentrate, and other similar mental issues. You could be dealing with anxiety if you experience catastrophic thinking, excessive worrying, obsessive thoughts and behaviors, social phobia or other phobias, procrastination and behavioral avoidance, physical distress or fear, panic attacks, etc. Citron Hennessey's licensed therapists can help you overcome your anxiety. Whether you're dealing with depression, anger, or OCD, we'll find the right counselor for you and create the best treatment plan to help you function better and become happier in your life. When it comes to psychotherapy in NYC, Citron Hennessey offers a variety of solutions for your mental health needs. How do I know if NYC Psychotherapy is the Best Option for Me? NY psychotherapists like those at Citron Hennessey can help anyone with emotional, social, or mental health problems, such as: Anxiety or an inability to cope or concentrate at work or in other situations. Problems coping with major life changes, such as divorce, the death of a loved one, or the loss of a job. Problems dealing with stress or recovering from stressful situations. Low self-esteem or extreme shyness. Addictive behavior. Mood disorders such as depression, extreme mood swings, sadness, grief, or emptiness. Difficulties managing unhealthy reactions such as road rage or passive-aggressive behavior. Difficulties with sex. Self-harm. Anxiety disorders, such as obsessive-compulsive disorder (OCD), phobias, panic disorder, or post-traumatic stress disorder (PTSD). Coping with the effects of abuse/trauma. As you can see, you don't have to be diagnosed with a mental illness to benefit from psychotherapy. Life's stresses and conflicts can affect anyone. A therapist will work with you to help you understand your problems and what lies behind them so that you can find better ways to cope and improve your emotional wellbeing. How Do I Find New York Psychotherapists? Though crucial, finding a the right New York psychotherapist psychotherapist is not just about the qualifications. To get the most benefit from your counseling, you need to find someone who you can work with and trust. When searching for therapy in NYC, it helps to have answers to the following questions: Are you seeking a therapist for a particular problem or issue? Are you interested in a specific type of therapy? Would you prefer to see a man or a woman? From these answers, you can be more specific in what you are searching for, whether through a referral from a doctor, insurance, or trusted source; or through your own research. When performing your search, check their background, education, certification, and licensing. Make sure the therapist you choose meets certification and licensing requirements. Once you choose a therapist, they should be willing to do an initial phone call with you to discuss whether they can help you with your problem. During this call, they can explain the treatment plan they think you should take, appointment schedules, and charges. You can meet your selected therapist for a single session to talk about what you are looking for from therapy and find out more about their training and experience. Don't be afraid to ask questions or seek more information before you make up your mind. It is worth trying again if you don't find the right fit the first time. At Citron Hennessey, we work hard to pair you with the right New York psychotherapist for your needs, starting with a simple online test. Mental Health in NYC by Statistics Living in a fast-paced environment such as New York City can expose you to situations that affect your mental health. From the financial stress of the city to dealing with the populous nature of New York City, there are a multitude of factors that can deplete our capacity to cope with stressors. According to a report by the New York City Department of Health and Mental Hygiene, at least one in five New Yorkers suffer from depression, substance abuse, suicidal thoughts, or other psychological disorders every year, and approximately 5% of New York adults suffered from serious psychological distress in another 2015 study. Major depression is the single biggest source of disability in New York City, with about 8% of adult New Yorkers reporting symptoms of depression each year. Fewer than 40% receive care for the condition. Depression in NYC alone is associated with \$2.4 billion in lost productivity costs annually, and a higher prevalence was found among minority and lower-income residents. With these numbers continuing to rise, New York faces an especially daunting mental health crisis. That's why we have a dedicated team of therapists in New York (psychology experts who are also empathetic listeners) to help you overcome the challenges of living in this bustling metropolis. Using Insurance to Cover Therapy in NYC Most individual and small group health insurance plans in NYC are required to cover mental health and substance abuse services, but no two insurance plans are the same. Until trying to utilize insurance, most people don't realize that the majority of mental health professionals do not take insurance. It can be frustrating trying to find a therapist who takes your insurance. One of the main reasons therapists and clinics decline the use of insurance is that insurance companies usually only cover services that are declared a medical necessity. This means that for one to qualify, they must be diagnosed with a mental illness. Another reason is the requirement that any documented health treatment filed through insurance is required to be recorded on your permanent medical record. This can result in a breach of confidentiality. At Citron Hennessey, we work with most PPO and some POS plans as an out-of-network provider. These include Aetna, Cigna, United, and GHI. Our friendly support staff will do the legwork for you. As such, they can help you check your benefits and let you know of any out-of-pocket costs. Why Choose Citron Hennessey? If you're struggling with mental health issues, psychotherapy may not cure your condition or make an unpleasant situation go away. However, it can give you the power to cope healthily and to feel better about yourself and your life. Choosing the right New York therapist for you is a crucial first step. At Citron Hennessey, we utilize modern evidence-based, results-oriented therapy to get you to the point where you can enjoy your life and experience mental and emotional well-being. With that in mind, we provide local Manhattan therapy options as well as services for those outside of New York City via virtual online sessions. Whichever option you choose, rest assured our counselors can help you create the very best version of yourself. All our therapists have been carefully selected for their compassion, insight, and education: over 94% of clients report being "completely satisfied" with their treatment. Ready to connect with an experienced counselor in New York? Call us today to discuss your needs and find a psychotherapist that is right for you. 1 2 3 4 Previous Next We treat adults and older adolescents with all psychiatric issues ranging from depression, mood disturbances, anxiety, low self-esteem, attention problems, feelings of inadequacy, substance abuse, sleeping difficulties, relationship issues and work stress. Treatment includes a thorough psychiatric evaluation and ongoing comprehensive treatment which may include psychotherapy, cognitive and behavioral therapy, and when necessary medications. We try to use medications sparingly and stop or reduce them when appropriate. London Terrace Psychiatry is a tech-enabled practice offering a premium service including: PHONE Email Location Hours 929-269-6422 info@LondonTerracePsychiatry.com 445 W 23 St, Suite 1EE M-Fr 7am-11pm 450 W 24 St, Suite 1B Sa-Su 10am-8pm