

affordable therapy nyc reddit

Affordable Therapy NYC Reddit: A Comprehensive Guide

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Summary: This guide navigates the complexities of finding affordable therapy in NYC, leveraging the insights shared on Reddit. It explores various options like sliding-scale fees, telehealth platforms, community clinics, and utilizing insurance. It also highlights potential pitfalls, such as unqualified practitioners and misleading information found online, emphasizing the importance of thorough research and careful selection of therapists.

Keywords: affordable therapy nyc reddit, cheap therapy nyc, low-cost therapy NYC, NYC therapy Reddit, affordable mental health NYC, sliding scale therapy NYC, telehealth therapy NYC, finding a therapist NYC Reddit, best therapists NYC Reddit, affordable psychiatrist NYC reddit

Introduction:

Finding affordable therapy in New York City can feel like searching for a needle in a haystack. The cost of living in NYC is notoriously high, making mental healthcare inaccessible for many. Fortunately, the online community, specifically Reddit, offers a wealth of information and shared experiences on navigating this challenge. This guide utilizes the collective knowledge found on subreddits related to NYC life and mental health to provide a comprehensive strategy for finding affordable therapy in NYC. This guide focuses on "affordable therapy nyc reddit" to guide you through this process.

H1: Understanding "Affordable Therapy NYC Reddit" Conversations

Reddit threads dedicated to New York City often include discussions on

finding affordable mental healthcare. These discussions reveal a range of experiences, from individuals sharing successful strategies to others expressing frustration with the high costs. Understanding these diverse perspectives is crucial to forming your own effective search strategy. Pay close attention to specific recommendations, but always verify information independently.

H2: Exploring Affordable Therapy Options in NYC

Several avenues exist for accessing affordable therapy in NYC, frequently discussed on "affordable therapy nyc reddit" threads:

Sliding-Scale Therapists: Many therapists offer sliding-scale fees, adjusting their rates based on a client's income. Reddit can be a valuable resource for discovering practitioners who utilize this model. However, always confirm their sliding scale policy directly.

Community Mental Health Clinics: These clinics provide low-cost or free services to individuals who meet specific income requirements. Reddit users frequently share their experiences with specific clinics, highlighting both positive and negative aspects.

Telehealth Platforms: Online therapy platforms offer increased accessibility and often have more competitive pricing than in-person therapy. Numerous discussions on "affordable therapy nyc reddit" touch upon the pros and cons of using these platforms.

Insurance Coverage: Leveraging your health insurance is crucial. Reddit discussions can offer insights into which insurance providers offer better coverage for mental health services in NYC. However, remember that insurance policies vary, so confirm your coverage directly.

University Counseling Centers: If you're a student, university counseling centers often offer reduced-cost or free therapy sessions. Reddit threads may include mentions of specific university programs.

H2: Pitfalls to Avoid When Searching for Affordable Therapy in NYC

While Reddit offers valuable information, it's crucial to be aware of potential pitfalls:

Unverified Information: Not all information shared on Reddit is accurate. Always verify the credentials and qualifications of any therapist before scheduling an appointment.

Misleading Advertising: Be wary of advertisements promising exceptionally low rates, as these may not reflect the actual cost.

Lack of Professional Oversight: Some practitioners offering affordable therapy may not have the necessary licensing or experience. Thoroughly check

their qualifications.

Limited Availability: High demand for affordable therapy often results in limited availability. Be prepared to be patient and persistent in your search.

H3: Best Practices for Finding Affordable Therapy Using "Affordable Therapy NYC Reddit"

Keyword Refinement: Use specific keywords like "affordable therapy nyc reddit," "sliding scale therapist NYC Reddit," or "low-cost psychologist Brooklyn Reddit" (if applicable).

Subreddit Selection: Focus on subreddits relevant to NYC and mental health, such as r/nyc, r/askNYC, and relevant mental health subreddits.

Verification is Key: Always verify information found on Reddit with independent sources, such as the therapist's website or professional licensing boards.

Read Reviews Carefully: Look for reviews from multiple sources, not just Reddit. Consider websites like Psychology Today.

Direct Communication: Contact therapists directly to clarify pricing, insurance coverage, and availability.

Conclusion:

Finding affordable therapy in NYC requires diligent research and a strategic approach. While "affordable therapy nyc reddit" can provide valuable insights and shared experiences, it's crucial to exercise caution and verify information independently. By combining the information gleaned from online communities with careful research and direct communication, you can significantly increase your chances of finding high-quality, accessible mental healthcare in NYC.

FAQs:

1. Is all information on Reddit about affordable therapy accurate? No, always independently verify information found on Reddit.
2. How can I find therapists who offer sliding-scale fees? Search online directories and contact therapists directly to inquire about their pricing policies. Reddit discussions may provide some leads, but independent verification is crucial.
3. What if I don't have health insurance? Explore community clinics, sliding-scale therapists, and telehealth options.
4. How do I verify a therapist's credentials? Check their licensing through state licensing boards and look for verified profiles on sites like Psychology Today.

5. What are the benefits of telehealth therapy? Telehealth can be more convenient, affordable, and accessible than in-person therapy.
6. Are there free therapy options in NYC? Some community clinics offer free or low-cost services based on income.
7. How long does it typically take to find an affordable therapist in NYC? It can take time; be patient and persistent in your search.
8. What questions should I ask potential therapists during a consultation? Ask about their experience, fees, approach to therapy, and their availability.
9. What if I'm struggling to afford even affordable options? Look into financial assistance programs or consider contacting non-profit mental health organizations for support.

Related Articles:

1. Navigating the NYC Mental Health System: A Guide for New Residents: This article provides an overview of mental health resources available in NYC.
2. Top 5 Affordable Telehealth Platforms for Therapy in NYC: This article reviews popular telehealth platforms and their pricing models.
3. Understanding Your Insurance Coverage for Mental Health Services in NYC: This guide helps decipher your insurance policy and determine what mental health services are covered.
4. Finding a Therapist Who Specializes in [Specific Issue]: A Guide for NYC Residents: (Replace "[Specific Issue]" with common issues like anxiety, depression, etc.) This article focuses on locating therapists with specific expertise.
5. The Ultimate Guide to Community Mental Health Clinics in NYC: This comprehensive guide lists and reviews various community clinics in NYC.
6. Sliding Scale Therapy in NYC: A Detailed Overview: This article delves into the specifics of sliding scale therapy, including eligibility and finding practitioners.
7. Tips for Communicating Effectively with Your Therapist: This article helps you build a strong therapeutic relationship.
8. How to Prepare for Your First Therapy Session: This article provides tips for making the most of your initial therapy session.

9. Overcoming the Stigma of Mental Health in NYC: This article discusses the importance of seeking mental health support and how to overcome stigma.

affordable therapy nyc reddit: *Feeling Good* David D. Burns, M.D., 2012-11-20 National Bestseller – More than five million copies sold worldwide! From renowned psychiatrist Dr. David D. Burns, the revolutionary volume that popularized Dr. Aaron T. Beck's cognitive behavioral therapy (CBT) and has helped millions combat feelings of depression and develop greater self-esteem. Anxiety and depression are the most common mental illnesses in the world, affecting 18% of the U.S. population every year. But for many, the path to recovery seems daunting, endless, or completely out of reach. The good news is that anxiety, guilt, pessimism, procrastination, low self-esteem, and other black holes of depression can be alleviated. In *Feeling Good*, eminent psychiatrist, David D. Burns, M.D., outlines the remarkable, scientifically proven techniques that will immediately lift your spirits and help you develop a positive outlook on life, enabling you to: Nip negative feelings in the bud Recognize what causes your mood swings Deal with guilt Handle hostility and criticism Overcome addiction to love and approval Build self-esteem Feel good every day This groundbreaking, life-changing book has helped millions overcome negative thoughts and discover joy in their daily lives. You owe it to yourself to FEEL GOOD! I would personally evaluate David Burns' *Feeling Good* as one of the most significant books to come out of the last third of the Twentieth Century.—Dr. David F. Maas, Professor of English, Ambassador University

affordable therapy nyc reddit: A Mindfulness-Based Stress Reduction Workbook for Anxiety Bob Stahl, Florence Meleo-Meyer, Lynn Koerbel, 2014-12-01 If you have anxiety or suffer from panic attacks, little things like driving, being at a party where you don't know anyone, or even going to the grocery store can seem overwhelming. But these little things are a part of everyday life, and if you try to avoid them, you may end up feeling alienated, lonely, and unfulfilled. Furthermore, simply avoiding anxiety-causing situations will not help you to conquer your anxiety. If anything, it can make it worse! So how can you take control of your anxiety symptoms, once and for all? In *The Mindfulness-Based Stress Reduction Workbook for Anxiety*, three mindfulness-based stress reduction (MBSR) experts provide mindfulness meditations and exercises to help soothe anxiety, understand common triggers, and live more fully in the moment. Developed by Jon Kabat-Zinn, MBSR is a powerful, evidence-based treatment model that fuses mindfulness meditation and yoga, and has been proven effective in treating a wide range of chronic disorders and diseases. The mindfulness practices in MBSR help you to cultivate a greater awareness of the connection between your body and mind, and can help you identify and move past the toxic thoughts, feelings, and behaviors that lie at the root of your anxiety. If you are ready to take the first step toward managing your fears, anxiety, and worry, this book can help show you the way.

affordable therapy nyc reddit: **Good and Cheap** Leanne Brown, 2015-07-14 By showing that kitchen skill, and not budget, is the key to great food, *Good and Cheap* will help you eat well—really well—on the strictest of budgets. Created for people who have to watch every dollar—but particularly those living on the U.S. food stamp allotment of \$4.00 a day—*Good and Cheap* is a cookbook filled with delicious, healthful recipes backed by ideas that will make everyone who uses it a better cook. From Spicy Pulled Pork to Barley Risotto with Peas, and from Chorizo and White Bean Ragù to Vegetable Jambalaya, the more than 100 recipes maximize every ingredient and teach economical cooking methods. There are recipes for breakfasts, soups and salads, lunches, snacks, big batch meals—and even desserts, like crispy, gooey Caramelized Bananas. Plus there are tips on shopping smartly and the minimal equipment needed to cook successfully. And when you buy one, we give one! With every copy of *Good and Cheap* purchased, the publisher will donate a free copy to

a person or family in need. Donated books will be distributed through food charities, nonprofits, and other organizations. You can feel proud that your purchase of this book supports the people who need it most, giving them the tools to make healthy and delicious food. An IACP Cookbook Awards Winner.

affordable therapy nyc reddit: Pain Management and the Opioid Epidemic National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Sciences Policy, Committee on Pain Management and Regulatory Strategies to Address Prescription Opioid Abuse, 2017-09-28 Drug overdose, driven largely by overdose related to the use of opioids, is now the leading cause of unintentional injury death in the United States. The ongoing opioid crisis lies at the intersection of two public health challenges: reducing the burden of suffering from pain and containing the rising toll of the harms that can arise from the use of opioid medications. Chronic pain and opioid use disorder both represent complex human conditions affecting millions of Americans and causing untold disability and loss of function. In the context of the growing opioid problem, the U.S. Food and Drug Administration (FDA) launched an Opioids Action Plan in early 2016. As part of this plan, the FDA asked the National Academies of Sciences, Engineering, and Medicine to convene a committee to update the state of the science on pain research, care, and education and to identify actions the FDA and others can take to respond to the opioid epidemic, with a particular focus on informing FDA's development of a formal method for incorporating individual and societal considerations into its risk-benefit framework for opioid approval and monitoring.

affordable therapy nyc reddit: Thoughts and Feelings Matthew McKay, Martha Davis, Patrick Fanning, 2011-12-01 If you are depressed, anxious, angry, worried, confused, frustrated, upset, or ashamed, please remember that you are not alone in your struggle with painful feelings and experiences. Everybody experiences emotional distress sometimes. It's normal. But when the pain becomes too strong and too enduring, it's time to take that important first step toward feeling better. Painful thoughts can arise in many ways. You may struggle with anxiety and depression, or feel that procrastination or perfectionism is holding you back. Regardless of the issue, you've come to this book with a desire to change your thoughts and feelings for the better. This classic self-help workbook offers powerful cognitive therapy tools for making that happen. Now in its fourth edition, *Thoughts and Feelings* provides you with twenty evidence-based techniques that can be combined to create a personal treatment plan for overcoming a range of mental health concerns, including worry, panic attacks, depression, low self-esteem, anger, and emotional and behavioral challenges of any kind. Customize your plan to address multiple concerns at once, or troubleshoot the thoughts and feelings that bother you most. Used and recommended by the most renowned and respected therapists, this comprehensive mental health workbook offers all of best psychological tools for quickly regaining mastery over your moods and emotions. This endlessly useful guide has helped thousands of readers:

- Challenge self-sabotaging patterns of thinking
- Practice relaxation techniques to maintain self-control in stressful situations
- Change the core beliefs that drive painful emotions
- Identify and prioritize their values for a more focused, fulfilling life

Using proven effective methods based in cognitive behavioral therapy (CBT), acceptance and commitment therapy (ACT), and mindfulness, this book will help you take that first step toward feeling better—about yourself, and about the world around you. Isn't it time you started really enjoying life?

affordable therapy nyc reddit: The Body Keeps the Score Bessel A. Van der Kolk, 2015-09-08 Originally published by Viking Penguin, 2014.

affordable therapy nyc reddit: Waking the Tiger: Healing Trauma Peter A. Levine, Ph.D., 1997-07-07 Now in 24 languages. *Nature's Lessons in Healing Trauma...* *Waking the Tiger* offers a new and hopeful vision of trauma. It views the human animal as a unique being, endowed with an instinctual capacity. It asks and answers an intriguing question: why are animals in the wild, though threatened routinely, rarely traumatized? By understanding the dynamics that make wild animals virtually immune to traumatic symptoms, the mystery of human trauma is revealed. *Waking the Tiger* normalizes the symptoms of trauma and the steps needed to heal them. People are often

traumatized by seemingly ordinary experiences. The reader is taken on a guided tour of the subtle, yet powerful impulses that govern our responses to overwhelming life events. To do this, it employs a series of exercises that help us focus on bodily sensations. Through heightened awareness of these sensations trauma can be healed.

affordable therapy nyc reddit: *Saving Talk Therapy* Enrico Gnaulati, 2018-01-09 A hard-hitting critique of how managed care and the selective use of science to privilege quick-fix therapies have undermined in-depth psychotherapy—to the detriment of patients and practitioners. In recent decades there has been a decline in the quality and availability of psychotherapy in America that has gone largely unnoticed—even though rates of anxiety, depression, and suicide are on the rise. In *Saving Talk Therapy*, master therapist Dr. Enrico Gnaulati presents powerful case studies from his practice to remind patients and therapists alike how and why traditional talk therapy works and, using cutting-edge research findings, unpacks the problematic incentives in our health-care system and in academic psychology that explain its decline. Beginning with a discussion of the historical development of talk therapy, Dr. Gnaulati goes on to dissect the factors that have undermined it. Psychotropic drugs, if no longer thought of as a magical cure, are still over-prescribed and shunt health-care dollars to drug corporations. Managed-care companies and mental health “carve outs” send health-care dollars to administrators, drive many practitioners away, and over-burden those who remain. And drawing back the curtains on CBT (cognitive behavior therapy), Dr. Gnaulati shows that while it might be effective in the research lab, its findings are of limited use for the people’s complex, real-world emotional problems. *Saving Talk Therapy* is a passionate and deeply researched case for in-depth, personally transformative psychotherapy that incorporates the benefits of an evidence-based approach and psychotropic drugs without over-relying on them.

affordable therapy nyc reddit: *Transcend* Scott Barry Kaufman, 2020 A bold reimagining of Maslow's famous hierarchy of needs--and new insights for living your most authentic, fulfilled, and connected life. When positive psychologist Scott Barry Kaufman first discovered Maslow's unfinished theory of transcendence, sprinkled throughout a cache of unpublished journals, he felt a deep resonance with his own work and life. In this groundbreaking book, Kaufman picks up where Maslow left off, unraveling the mysteries of his unfinished theory, and integrating these ideas with the latest research on attachment, connection, exploration, love, purpose and other building blocks of a life well lived. Maslow's model provides a roadmap for finding purpose and fulfillment--not by striving for money, success, or happiness, but by becoming the best version of ourselves, or what Maslow called self-actualization. *Transcend* reveals a level of human potential that's even higher, which Maslow termed transcendence. Beyond individual fulfillment, this way of being--which taps into the whole person-- connects us not only to our best self, but also to one another. With never-before-published insights and new research findings, along with thought-provoking examples and personality tests, this empowering book is a manual for self-analysis and nurturing a deeper connection with our highest potential-- and beyond.

affordable therapy nyc reddit: *I Love Jesus, But I Want to Die* Sarah J. Robinson, 2021-05-11 A compassionate, shame-free guide for your darkest days “A one-of-a-kind book . . . to read for yourself or give to a struggling friend or loved one without the fear that depression and suicidal thoughts will be minimized, medicalized or over-spiritualized.”—Kay Warren, cofounder of Saddleback Church What happens when loving Jesus doesn’t cure you of depression, anxiety, or suicidal thoughts? You might be crushed by shame over your mental illness, only to be told by well-meaning Christians to “choose joy” and “pray more.” So you beg God to take away the pain, but nothing eases the ache inside. As darkness lingers and color drains from your world, you’re left wondering if God has abandoned you. You just want a way out. But there’s hope. In *I Love Jesus, But I Want to Die*, Sarah J. Robinson offers a healthy, practical, and shame-free guide for Christians struggling with mental illness. With unflinching honesty, Sarah shares her story of battling depression and fighting to stay alive despite toxic theology that made her afraid to seek help outside the church. Pairing her own story with scriptural insights, mental health research, and simple

practices, Sarah helps you reconnect with the God who is present in our deepest anguish and discover that you are worth everything it takes to get better. Beautifully written and full of hard-won wisdom, *I Love Jesus, But I Want to Die* offers a path toward a rich, hope-filled life in Christ, even when healing doesn't look like what you expect.

affordable therapy nyc reddit: CDC Yellow Book 2018: Health Information for International Travel Centers for Disease Control and Prevention CDC, 2017-04-17 THE ESSENTIAL WORK IN TRAVEL MEDICINE -- NOW COMPLETELY UPDATED FOR 2018 As unprecedented numbers of travelers cross international borders each day, the need for up-to-date, practical information about the health challenges posed by travel has never been greater. For both international travelers and the health professionals who care for them, the CDC Yellow Book 2018: Health Information for International Travel is the definitive guide to staying safe and healthy anywhere in the world. The fully revised and updated 2018 edition codifies the U.S. government's most current health guidelines and information for international travelers, including pretravel vaccine recommendations, destination-specific health advice, and easy-to-reference maps, tables, and charts. The 2018 Yellow Book also addresses the needs of specific types of travelers, with dedicated sections on: · Precautions for pregnant travelers, immunocompromised travelers, and travelers with disabilities · Special considerations for newly arrived adoptees, immigrants, and refugees · Practical tips for last-minute or resource-limited travelers · Advice for air crews, humanitarian workers, missionaries, and others who provide care and support overseas Authored by a team of the world's most esteemed travel medicine experts, the Yellow Book is an essential resource for travelers -- and the clinicians overseeing their care -- at home and abroad.

affordable therapy nyc reddit: *Silent Cells* Anthony Ryan Hatch, 2019-04-30 A critical investigation into the use of psychotropic drugs to pacify and control inmates and other captives in the vast U.S. prison, military, and welfare systems For at least four decades, U.S. prisons and jails have aggressively turned to psychotropic drugs—antidepressants, antipsychotics, sedatives, and tranquilizers—to silence inmates, whether or not they have been diagnosed with mental illnesses. In *Silent Cells*, Anthony Ryan Hatch demonstrates that the pervasive use of psychotropic drugs has not only defined and enabled mass incarceration but has also become central to other forms of captivity, including foster homes, military and immigrant detention centers, and nursing homes. *Silent Cells* shows how, in shockingly large numbers, federal, state, and local governments and government-authorized private agencies pacify people with drugs, uncovering patterns of institutional violence that threaten basic human and civil rights. Drawing on publicly available records, Hatch unearths the coercive ways that psychotropics serve to manufacture compliance and docility, practices hidden behind layers of state secrecy, medical complicity, and corporate profiteering. Psychotropics, Hatch shows, are integral to “technocorrectional” policies devised to minimize public costs and increase the private profitability of mass captivity while guaranteeing public safety and national security. This broad indictment of psychotropics is therefore animated by a radical counterfactual question: would incarceration on the scale practiced in the United States even be possible without psychotropics?

affordable therapy nyc reddit: *Quit Like a Woman* Holly Whitaker, 2019-12-31 NEW YORK TIMES BESTSELLER • “An unflinching examination of how our drinking culture hurts women and a gorgeous memoir of how one woman healed herself.”—Glennon Doyle, #1 New York Times bestselling author of *Untamed* “You don’t know how much you need this book, or maybe you do. Either way, it will save your life.”—Melissa Hartwig Urban, Whole30 co-founder and CEO The founder of the first female-focused recovery program offers a groundbreaking look at alcohol and a radical new path to sobriety. We live in a world obsessed with drinking. We drink at baby showers and work events, brunch and book club, graduations and funerals. Yet no one ever questions alcohol’s ubiquity—in fact, the only thing ever questioned is why someone doesn’t drink. It is a qualifier for belonging and if you don’t imbibe, you are considered an anomaly. As a society, we are obsessed with health and wellness, yet we uphold alcohol as some kind of magic elixir, though it is anything but. When Holly Whitaker decided to seek help after one too many benders, she embarked

on a journey that led not only to her own sobriety, but revealed the insidious role alcohol plays in our society and in the lives of women in particular. What's more, she could not ignore the ways that alcohol companies were targeting women, just as the tobacco industry had successfully done generations before. Fueled by her own emerging feminism, she also realized that the predominant systems of recovery are archaic, patriarchal, and ineffective for the unique needs of women and other historically oppressed people—who don't need to lose their egos and surrender to a male concept of God, as the tenets of Alcoholics Anonymous state, but who need to cultivate a deeper understanding of their own identities and take control of their lives. When Holly found an alternate way out of her own addiction, she felt a calling to create a sober community with resources for anyone questioning their relationship with drinking, so that they might find their way as well. Her resultant feminine-centric recovery program focuses on getting at the root causes that lead people to overindulge and provides the tools necessary to break the cycle of addiction, showing us what is possible when we remove alcohol and destroy our belief system around it. Written in a relatable voice that is honest and witty, *Quit Like a Woman* is at once a groundbreaking look at drinking culture and a road map to cutting out alcohol in order to live our best lives without the crutch of intoxication. You will never look at drinking the same way again.

affordable therapy nyc reddit: The Blood Sugar Solution 10-Day Detox Diet Dr. Mark Hyman, 2014-02-25 Dr. Hyman's revolutionary weight-loss program, based on the #1 New York Times bestseller *The Blood Sugar Solution*, supercharged for immediate results! The key to losing weight and keeping it off is maintaining low insulin levels. Based on Dr. Hyman's groundbreaking Blood Sugar Solution program, *The Blood Sugar Solution 10-Day Detox Diet* presents strategies for reducing insulin levels and producing fast and sustained weight loss. Dr. Hyman explains how to: activate your natural ability to burn fat -- especially belly fat; reduce inflammation; reprogram your metabolism; shut off your fat-storing genes; de-bug your digestive system; create effortless appetite control; and soothe the stress to shed the pounds. With practical tools designed to achieve optimum wellness, including meal plans, recipes, and shopping lists, as well as step-by-step, easy-to-follow advice on green living, supplements, medication, exercise, and more, *The Blood Sugar Solution 10-Day Detox Diet* is the fastest way to lose weight, prevent disease, and feel your best.

affordable therapy nyc reddit: The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder Sheri Van Dijk, 2009-07-01 Even if you've just been diagnosed with bipolar disorder, it's likely that you've been living with it for a long time. You've probably already developed your own ways of coping with recurring depression, the consequences of manic episodes, and the constant, uncomfortable feeling that you're at the mercy of your emotions. Some of these methods may work; others might do more harm than good. *The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder* will help you integrate your coping skills with a new and effective dialectical behavior therapy (DBT) plan for living well with bipolar disorder. The four DBT skills you'll learn in this workbook—mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness—will help you manage your emotional ups and downs and minimize the frequency and intensity of depressive and manic episodes. By using this book in conjunction with medication and professional care, you'll soon experience relief from your bipolar symptoms and come to enjoy the calm and confident feeling of being in control. •Learn mindfulness and acceptance skills•Cope with depressive and manic episodes in healthy ways•Manage difficult emotions and impulsive urges•Maintain relationships with friends and family members

affordable therapy nyc reddit: I Think I Might Be Autistic Cynthia Kim, 2013 What if instead of being weird, shy, geeky or introverted, your brain is wired differently? For adults with undiagnosed autism spectrum disorder (ASD), there is often an aha! moment—when you realize that ASD just might be the explanation for why you've always felt so different. *I Think I Might Be Autistic: A Guide to Autism Spectrum Disorder Diagnosis and Self-Discovery for Adults* begins from that aha! moment, addressing the many questions that follow. What do the symptoms of ASD look like in adults? Is getting a diagnosis worth it? What does an assessment consist of and how can you prepare for it? Cynthia Kim shares the information, insights, tips, suggestions and resources she gathered as

part of her own journey from aha! to finally being diagnosed with Asperger's syndrome in her forties. This concise guide also addresses important aspects of living with ASD as a late-diagnosed adult, including coping with the emotional impact of discovering that you're autistic and deciding who to share your diagnosis with and how.

affordable therapy nyc reddit: *Loving Someone with PTSD* Aphrodite T. Matsakis, 2014-01-02 Post-traumatic stress disorder (PTSD) can present with a number of symptoms, including anxiety, depression, flashbacks, and trouble sleeping. If your partner has PTSD, you may want to help, but find yourself at a loss. The simple truth is that PTSD can be extremely debilitating—not just for the person who has experienced trauma first-hand, but for their partners as well. And while there are many books written for those suffering from PTSD, there are few written for the people who love them. In *Loving Someone with PTSD*, renowned trauma expert and author of *I Can't Get Over It!*, Aphrodite Matsakis, presents concrete skills and strategies for the partners of those with PTSD. With this informative and practical book, you will increase your understanding of the signs and symptoms of PTSD, improve your communication skills with your loved one, set realistic expectations, and work to create a healthy environment for the both of you. In addition, you will learn to manage your own grief, helplessness, and fear regarding your partner's condition. PTSD is a manageable disability. While it isn't your responsibility to rescue your partner or act as his or her therapist, this book will help you be supportive and implement strategies for lessening the negative impact of PTSD—not just for your partner, but for your relationship, and, importantly, for yourself.

affordable therapy nyc reddit: *Ask a Manager* Alison Green, 2018-05-01 From the creator of the popular website *Ask a Manager* and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called “the Dear Abby of the work world.” Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit “reply all” • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for *Ask a Manager* “A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work.”—Booklist (starred review) “The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience.”—Library Journal (starred review) “I am a huge fan of Alison Green's *Ask a Manager* column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor.”—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* “*Ask a Manager* is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way.”—Erin Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*

affordable therapy nyc reddit: *The Affordable Care Act* Tamara Thompson, 2014-12-02 The Patient Protection and Affordable Care Act (ACA) was designed to increase health insurance quality and affordability, lower the uninsured rate by expanding insurance coverage, and reduce the costs of healthcare overall. Along with sweeping change came sweeping criticisms and issues. This book explores the pros and cons of the Affordable Care Act, and explains who benefits from the ACA. Readers will learn how the economy is affected by the ACA, and the impact of the ACA rollout.

affordable therapy nyc reddit: *On Being a Therapist* Jeffery A. Kottler, 1989

affordable therapy nyc reddit: *Good Enough* Leanne Brown, 2022-01-11 You've got this! Good enough is a cookbook, but it's as much about the healing process of cooking as it is about delicious

recipes. It's about acknowledging the fears and anxieties many of us have when we get in the kitchen, then learning to let them go in the sensory experience of working with food. It's about slowing down, honoring the beautiful act of feeding yourself and your loved ones, and releasing the worries about whether what you've made is good enough. It is. A generous mix of essays, stories, and nearly 100 dazzling recipes, *Good Enough* is a deeply personal cookbook. Its subject is more than Smoky Honey Shrimp Tacos with Spicy Fennel Slaw or Sticky Toffee Cookies; ultimately it's about learning to love and accept yourself, in and out of the kitchen.

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himself as a tiny dare devil with a giant heart and a passion for adventure. He even survived being trapped alone for days after 9/11 in an apartment near the World Trade Centre. Homer's Odyssey is the story of one cat's unswerving loyalty, his infinite capacity for love and his ability to inspire and transform Gwen's life.--Publisher description.

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