

Evaluation of a wellness centre in the community



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Evaluation of a Wellness Centre in the Community Psychological and Life Skills Associates, P. C. is an organisation dedicated to the nurturing of abilities and improving the quality of life of its clients. They offer a variety of services, ranging from individual psychotherapy to group sessions and skill training retreats that are very cost effective. The clinic is run by Anthony R. Di Francesco, Ph. D., who is the Director and Christopher T. Haley, Psy. D., the Co-Director; along with their highly qualified staff that include Clinical Psychologists Kate Strand, Ph. D. Jason Epstein, Psy. D. Matthew Broudy PhD, Ayonda L., PhD Alicia Batts, PhD, Fields, Ph. D. Also on the staff are Donna Price and Sandra K. Molle, who are Licensed Professional Counselor (L. P. C.'s) and Michael Schell-Smith and Sandy Mansfield, who are Licensed Clinical Social Workers (L. C. S. W.'s). Between them, the staff is trained in a plethora of therapeutic techniques ranging from the structured individual therapy sessions to the more dynamic training and group activity sessions that include alternate treatment disciplines like the use of Imagery, Tai Chi and Meditation. The services provided include Individual Psychotherapy for all ages, a variety of techniques under Play Therapy, Family Psychotherapy and Couples Psychotherapy for a wide range of situations. The clinic also conducts group Psychotherapy sessions for Mind-Body co-ordination, Bio-Feedback Training which is recommended for individuals suffering from stress related conditions, Life Coaching, Eye Movement Desensitization and Reprocessing (EMDR) as well as Psychological Testing for learning disabilities like Dyslexia, for ADHD, behavioral and clinical conditions like depression, anxiety and others. The clinic opens its doors to all individuals needing help; and offers help in getting an insurance cover on treatments wherever applicable. Rates for these sessions are ascertained once the needs of the

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client are assessed. The clinic also conducts Training, classes for Continuing Education, and Retreats where the clients are offered a 360o experience. These include Psychotherapy groups for individuals who are out of active care but may need some support; and Social Skills Groups and Life Skills classes that help the clients integrate more effectively with the rest of society. Life skills programs are offered for different groups, and cater to a variety of needs. Some packages that are predesigned include ones on enhancing self Esteem, on Creativity and Emotion, on Parenting and Dealing with Familial Situations like loss and divorce, Effective ways to Manage Stress including the use of Imagery, Qigong, Meditation and Tai Chi; Overcoming Fear and Pain, and for Enhancing one's Abilities and Empowering the self. The cost of materials - where applicable - are included in the package costs. Most of these packages span at least a couple of days, and range in cost from \$20 to \$150 depending on the amount of time and number of instructors involved and cost of materials used. Psychological and Life Skills Associates can be contacted over phone on 703-490-0336 or by fax on 703-490-4525. They can also be contacted over the internet at <http://www.psychlife.net/> Their office address is: 13885 Hedgewood Drive #245, Woodbridge, VA 22193. Potential clients are encouraged to contact them directly so that treatment possibilities can be discussed. References: Psychological and Life Skills Associates P. C. [online]. Found at <http://www.psychlife.net/>