

**WHY MAKE NEWMIND PSYCHOLOGY
ASSESSMENT AND TREATMENT SERVICES
YOUR REFERRAL OF CHOICE?**

We offer evidence-based treatment

We offer only state of the art treatment modalities that are evidence-based.

We measure outcomes

Our clients are carefully and thoroughly assessed for eighty general symptoms, their frequency and intensity. We measure treatment outcomes based on the progress made in reference to the baseline measurements of symptom frequency and intensity.

We offer personalized treatment

Although we employ standard and proven treatment modalities, we chose the most appropriate ones and adapt them for the specific needs of the child and the family

We offer trauma-informed services

We incorporate a trauma informed, yet child and parent friendly process, to identify traumatic experiences, which are typically missed by parents, and frequently not verbalized by the child.

Depression, anxiety, defiance and many behavioral issues are often part of the cluster of trauma symptoms. Many providers attempt to address these symptoms individually, missing out on the big picture of a trauma backdrop.

We offer knowledge-base, skill and experience

Reporting abuse is a very difficult emotional task for a victim at any age, let alone a child whose psychological skills and strength are just developing. Therefore, knowledge base, skill and experience are necessary for a clinician to elicit information that reveals trauma in a child.

With over 15 years of experience working with trauma, our warm and effective team is ready to partner with you to alleviate the symptoms and restore the hope for your child and family.



Welcome to

NEWMIND Psychology Services LLC

Our mission is to contribute to bridge the service gap for all age children, for all age trauma clients, as well as the bilingual population, all of whom are presently underserved in this area.

In order to fulfill this mission, we offer the following out-patient services:

*Evidence-based & trauma-informed
Mental Health Assessment
Mental Health Diagnosis
Psychotherapeutic Treatment
Quick Symptom Reduction
Individual, Couples, Family or Group Therapy*

In-Home Therapy Services / IIC

In partnership with the State of New Jersey, we are happy to announce that we currently offer trauma focused bilingual services to children and their families at home.

Additionally, we offer the following:

- *Tailor-made Programs for Agencies Serving the Above Mentioned Populations*
- *Parenting training, classes & coaching*
- *Trauma-informed Training for Clinicians*
- *Trauma-informed Supervision for Clinicians*
- *Training Seminars & Consultation*

For referrals, or to request services

Call or write to us at:

Call: 609-788-3004
E-mail: info@newmindnj.com

505 Hamilton Ave, Suite 102
Linwood, NJ 08221



***A Bilingual
Child & Family
Treatment Center***

Evidence-based treatment for:

*Trauma * Depression * Anxiety * Anger
Management * Defiance * School Problems
* Behavioral Issues * Immigration Related
Issues*

***Our Trauma-informed range of
services will cater to the needs of:***

Infants

(Child-Parent Psychotherapy)

Children Ages 4 to 21

*(Trauma Focused-CBT
Game-Based CBT)*

Adults

(CBT & Prolonged Exposure)

Parents

*(Parent Management Training, Psycho-
education, evaluation)*

What is behind the name?

Based on research evidence of treatment outcomes, we offer you or your child the course of treatment that most effectively addresses the symptoms you or your loved ones are experiencing at this time.

How it works: Following a thorough technical assessment you will receive a diagnosis which will assist us in formulating the course of treatment that will best suit your needs. In a warm and caring environment, NEWMIND will partner with you and your support system to guide, teach and coach you along the treatment process, until you learn to master skills and practice behaviors which are conducive to experiencing happiness and fulfillment.

We refer to this process as a **journey of healing**. During this journey, you will discover your strengths to enhance your emotional or behavioral recovery process, while at the same time identifying obstacles to success, which we will address together with personalized strategies custom-designed for your situation.

Concluding treatment: Once NEWMIND and you recognize satisfactory progress has been made, we will prepare you for discharge.

In sum: This process takes 6 to 12 weekly sessions, although sometimes more or less time or weekly sessions, will be needed, depending on how chronic your situation is, or how closely you will adhere to treatment. In most cases, this journey will enrich you as a human being, and will make you grow. At the end of it, you and your loved one may have acquired a **NEW MIND!!**

Symptoms and Conditions Treated

Exposure to trauma
Anxiety
Depression
Suicidal / Homicidal thoughts or attempts
Difficulty sleeping
Concentration difficulties
Emotional or behavioral changes
Withdrawal / isolation
Running away from home
Racing thoughts
Anger / Irritability
Fearfulness
Defiance / rebelliousness
Aggressive or disruptive behavior
Poor interpersonal relations
Lack of emotional control
Lack of self esteem
Hyperactivity
Grief due to loss
Adjustment issues
School performance issues
Survivor of abuse or neglect
Bully victim or bully
Sexting
Relationship issues
Sexual abuse victim or perpetrator

Evidence Based Interventions

Cognitive Behavioral Therapy (CBT)
Child-Parent Psychotherapy
Game Based CBT for sexually abused children and their parents
Trauma-Focused CBT
Parent Management Training
Parenting psycho-education
Prolonged Exposure
Play Therapy
And more . . .

ANA PLACENCIA-BLOCK MSW, LCSW, M Div. NEWMIND Psychology Services Clinical Director & Bilingual Therapist

Ms. Placencia-Block brings behind her over 16,000 hours of direct services (since 2000), 6,000 of which she worked as a Bilingual Therapist for AtlantiCare and JFS in Atlantic County.

Serving children and families in South Jersey since 2009, Ms. Placencia-Block brings a combination of clinical skill and a passionate dedication to serving our community, with the following credentials:

- ❖ LCSW –Licensed by the State of NJ.
- ❖ NASW-NJ Certified Clinical Supervisor.
- ❖ Master of Social Work and Master of Divinity– Andrews University, Michigan (2003-2008).
- ❖ Clinical Chaplain Education I – Rush University Medical Center, Chicago, Illinois (2006).
- ❖ Fine Arts Post Graduate-Central St Martins College of Art & Design, London, UK (1990).

Clinical director Placencia-Block is trained and experienced in utilizing evidence-based and trauma-informed assessment and therapeutic modalities as described above.

Ms. Placencia-Block has demonstrated a high rate of effective symptom reduction in child and adult clients with trauma and other complex conditions, as measured by pre and post treatment symptom questionnaires.

With a multidisciplinary team of seasoned professionals, Ms. Placencia-Block is happy to introduce NEWMIND Psychology Services to our community.

Health Insurance Plans Accepted
Medicare & IIC - Medicaid
Horizon Blue Cross Blue Shield -Traditional
Horizon Blue Cross Blue Shield - Medicare
Value Options / Beacon Health Options