



## **Nationally Known Social Psychologist Launches Fall, 2007 Group Counseling Offerings**

*The Marriage and Family Therapists of New York launch their Fall 2007 Group Offerings. The Director of MFT NY, Dr. Joan Atwood, is offering the following three groups. The Women's Group is a group given by women, for women, regarding women's issues. Dr. Atwood is also very excited to offer the Teen Women's Group for the first time. This group is to foster confidence and self esteem in young women. Also offered is the Parenting Group. This is an 8 session group that enhances parenting skills.*

Rockville Centre, NY, July 14, 2007 --(PR.com)-- The Marriage and Family Therapists of New York launch their well known Group Programs for Fall, 2007. Developed by social psychologist and author, Dr. Joan Atwood, the following groups are offered. The Women's Group is a group given by women, for women, regarding women's issues. Dr. Atwood states that the women form irreplaceable bonds. Often they don't want the group to end. She is very excited to offer the Teen Women's Group for the first time. This group is to foster confidence and self esteem in young women. It focuses on the pressures young women face along with body image and making healthy choices. The third group offered is the Parenting Group. This is an 8 session group that teaches parenting skills. The parenting principles used are based in cognitive behavioral psychology, the program with the most successful outcomes. MFT NY has on-going Anger Management Groups. These groups are provided for children, teens, adults, and couples. Court mandated persons are invited to attend. Certificates of Completion are given at the end of each group.

The Marriage and Family Therapists of New York provide a broad range of counseling and therapy services to Individuals, Couples and Families. Dr. Atwood's team of highly skilled and experienced professionals, each with their particular area of expertise, is available for initial consultation to establish a personalized program that meets clients' individual needs. In addition, Dr. Atwood has developed an interactive website that in the future will include online therapy and online classes for clients and professionals. The website address is: <http://www.NYMFT.com> This website offers a Free 15-Minute Phone Consultation for new clients as well as five free couples relationship assessment tests. "What NYMFT.com offers online compliments the complete range of services provided for our clients." stated Dr. Atwood.

Services include pre-marital counseling, anger management, women and men's issues, divorce therapy and divorce mediation, gay/lesbian issues and therapy which addresses anxiety, depression, bereavement, remarriage, adolescent problems, substance abuse, and sexual issues. "The focus is on empowerment. We help clients to expand their individual visions, to see more possibilities and thus more solutions to problems. Further, our services help individuals to re-story their lives, so they experience more positive outcomes in their relationships," said Dr. Atwood.

As former President of the New York State Association for Marriage and Family Therapists, Dr. Atwood was very involved in the efforts to obtain recognition and licensure for marriage and family therapists in NY. She is fully committed to the ongoing supervision to license new marriage and family therapists. This service is available to individuals and groups on an on- going basis for newly graduated as well as



seasoned professionals who would like MFT supervision leading to licensure. From More Information Please Contact: Dr. Joan Atwood at the Marriage and Family Therapists of New York directly at: (516) 764-2526 or 542 Lakeview Avenue, Rockville Centre, New York 11570. Email [jatwood@optonline.net](mailto:jatwood@optonline.net) or visit the new website at <http://www.NYMFT.com>.

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