

Robert H. Spiro, Ph.D., ABPP

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WELCOME TO MY PRACTICE

Welcome to my practice. As a clinician in private practice, I provide consultation and psychotherapy to individuals wanting to explore long-standing issues in their lives and/or struggling with life issues that they feel are unmanageable. Your treatment represents a partnership that combines your unique characteristics and preferences and my expertise as your therapist. This means that we will work together to understand what your symptoms mean and how better to manage and ameliorate them.

BACKGROUND

I earned my doctoral degree in clinical psychology from Yeshiva University in 1973. I am a fellow of The Academy of Clinical Psychology and am Board Certified in Clinical Psychology. I completed my internship at Montefiore Hospital and Medical Center and was awarded a postdoctoral fellowship in Neurophysiology at the Albert Einstein College of Medicine and Montefiore Hospital, Bronx, New York. After completion, I spent eight years at the Austin Riggs Center in Stockbridge Massachusetts, four years as a postdoctoral and advanced postdoctoral fellow and four on the staff including two as Director of Admissions. In private practice since 1982, I have also served as clinical consultant for Bennington College and as Clinical Director of the Berkshire Learning Center, a residential treatment facility for adolescent males. Areas of expertise in my current practice include the treatment of depression, anxiety disorders, post-traumatic stress disorders, and relationship issues for adolescents, adults and couples. My treatment approach generally draws on a combination of psychodynamic therapy and cognitive behavioral therapy (CBT) although it is always tailored to the specific needs of the individual client. You can reach me through email at rspi7@gmail.com. Please note that emails are not for urgent communications. It is strictly for business related questions. If you have an emergency, please call 911 or go to the nearest emergency room.

PSYCHOLOGICAL SERVICES

Psychotherapy is not easily described in general statements. It varies depending on the personalities of the psychologist and patient, and the particular problems you bring forward. There are many different methods I may use to deal with the problems that you hope to address. Psychotherapy is not like a medical doctor visit. Instead, it calls for a very active effort on your part. In order for the therapy to be most successful, you will have to work on things we talk about both during our sessions and at home.

Psychotherapy can have benefits and risks. Since therapy often involves discussing unpleasant aspects of your life, you may experience uncomfortable feelings like sadness, guilt, anger, frustration, loneliness, and helplessness. On the other hand, psychotherapy has also been shown to have significant benefits for people who fully participate in it. Therapy often leads to better relationships, solutions to specific problems, and significant reductions in feelings of distress.

Our first few sessions, typically two to four, will involve an evaluation of your needs. By the end of the evaluation, I will be able to offer you some first impressions of what our work will include and a treatment plan to follow if you decide to continue with therapy. You should evaluate this information along with your own opinions of whether you feel comfortable working with me. Therapy involves a large commitment of time, money, and energy, so you should be very careful about the therapist you select. If you have questions about my procedures, we should discuss them whenever they arise. If your doubts persist, I will be happy to help you set up a meeting with another mental health professional for a second opinion.

Attached you will find the practice policies, registration, and consent forms. Please read all documents carefully as they contain important information about professional services offered and business policies. Please jot down any questions you might have so that we can discuss them at our first meeting. I look forward to starting our journey together.

Thank you.

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