

HOLTZ PSYCHOLOGICAL SERVICES

Therapy motivates you to reach your highest potential and improve the quality of your life.

Treatment is individualized, goals are mutually established and feedback is given frequently. The supportive, engaging nature of therapy encourages self-worth, achievement and better ability to cope with life's challenges.

*How Would it Feel to be
Free from Depression
and Anxiety?*

You and your Therapist will approach difficulties as an alliance. You will develop effective coping strategies starting from the very first session.

We Can Help

SERVICES

Psychologists at HPS practice Cognitive Behavioral Therapy, a proven, pragmatic approach to good emotional health. We help you reach your highest potential. Our award winning professionals are the best on Long Island!

**Morning, Daytime, Evening and
Weekend Appointments**

**Services for Children, Teens, Adults,
and Couples**

- ▶ ANXIETY, PANIC ATTACKS AND PHOBIAS
- ▶ ADD, ADHD, LEARNING DISABILITIES
- ▶ ASSERTIVENESS, PERSONAL GROWTH
- ▶ PTSD AND TRAUMA INTERVENTION
- ▶ AUTISM, ASPERGER'S ASESMENTS
- ▶ MARRIAGE AND RELATIONSHIP THERAPY
- ▶ DEPRESSION, SADNESS, SELF-ESTEEM
- ▶ MOTIVATIONAL AND BUSINESS SEMINARS
- ▶ PSYCHOLOGICAL, LEARNING EVALS.
- ▶ BIOFEEDBACK, STRESS MANAGEMENT
- ▶ CAREER ASSESSMENT AND COUNSELING
- ▶ EIGHT - WEEK FAST TRACK PROGRAMS



Fred L. Holtz, PhD began this group practice in 1989. We continue to grow because of extreme dedication to our clients and a passion for excellent service.

*We provide every client with the highest level of professional, empathetic and effective treatment.
We are a trusted resource for our clients
and their families.*

We are professionals who are passionate about our work, enjoy the careers we have chosen, and take pride in assisting others in coping with, understanding, and overcoming their obstacles.



Call Marissa, our Insurance Expert, to set up an appointment. She will contact your Health Care Provider and take care of the paperwork for you!

(631) 427-6669
Therapy-Now.com

PERSONAL: Therapists provide services in an individualized, comfortable environment. Appointments are arranged to avoid waiting rooms and wasted time. Reduce anxiety and stress, improve your relationship, gain parenting skills and resolve depression. Psychological evaluations are available for Learning Disabilities, ADD-ADHD, Personality Assessment and Career Counseling.

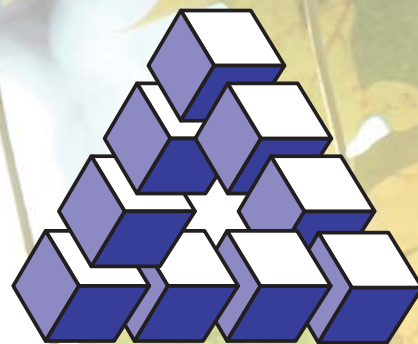
LOCAL: Our professionals are long time residents of Long Island, familiar with the challenges unique to this area. Our office is conveniently located for residents of Nassau, Suffolk and Queens.

AFFORDABLE: We accept Empire Blue Cross, Aetna, GHI, Value Options, Emblem, HIP, Local 1199, Magnacare, Cigna and many other plans. We offer out of network and sliding scale fees.

CLIENTS RATE US AS EXCELLENT FOR:

- ▶ Level of Personal Respect and Professionalism
- ▶ Effectiveness of Therapy in Improving Difficulties
- ▶ Quickly Returning Phone Calls and Inquiries
- ▶ Availability of Appointments and Therapists
- ▶ Overall Quality of Service and Treatment
- ▶ Confidence in Recommending HPS to a Friend

(SCAN WITH SMARTPHONE FOR WEBSITE)



HOLTZ

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20 Broad Hollow Road
Suite 2005
Melville, NY 11747

(631) 427-6669

Information On Anxiety, Depression, Assertiveness,
ADD, Relationships, Staff Biographies and More:

Therapy-Now.com



HOLTZ
PSYCHOLOGICAL SERVICES

Feel Better Now!

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EXECUTIVE DIRECTOR

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Psychologist

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Psychologist, Assessment Coordinator

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Psychologist

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Psychologist

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