

**ANNE M. PINCUS, PH.D**  
**CLINICAL PSYCHOLOGIST # PSY 17590**

Introductory Letter to All New Clients

I welcome you to my practice and I look forward to serving you in the most professional and effective way that I know of in the months ahead. Ideally, I may become a resource whom you contact into the future when a crisis or painful life change occurs. Perhaps you will think of me when a significant other (friend or family member) later needs a psychotherapist.

My training is grounded in the depth work of such traditional psychological theorists as: Freud, Reich, Jung, Perls, Rogers and the existential-humanists. I have an understanding of Self Psychology and Object Relations Theory.

Eclectic and Client-Centered in my methods, I have also studied eastern philosophy and spiritual practices for decades. I have trained in Body-Oriented therapies, Trauma therapy, Sex therapy as well as historical and present-day Feminist Theory, and a variety of expressive treatment modalities.

During the more than 30 years I have practiced privately, my clients have included:

- Couples (of all orientations) seeking both relationship and sex therapy
- Adolescents and young adults with self-definition & identity issues
- Individuals experiencing loss and grief
- PTSD Trauma survivors, many with issues linking body and mind
- Dual-diagnosed individuals now sober/clean and dealing with anxiety and depression, who had earlier self medicated through alcohol/drug use
- Cognitively impaired adults coping with life changes following brain trauma.

With 20 years experience as a generalist in a rural state, there are only a few psychological questions to which I have never been exposed. Among treatment issues which I have *chosen* not to work are those encountered by recovering individuals whose sobriety is less than a year duration.

I work directly for my clients, and not for their insurance companies or managed care programs. Thus, I require payment up front and ask that you bill your insurer with the use of a bill I provide for that purpose. This allows for truer confidentiality of service. Other inherent limits to confidentiality will be discussed during our first session, and later reviewed whenever necessary.

**NOTE: Cancellations made less than a full two days (48 hrs) in advance are charged at the full rate, except in case of true emergency. We will discuss this.**

I am willing to negotiate fee-for-service on a Sliding Scale basis. Recommended fee amounts are based on earnings.