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**Comprehensive Psychological  
and Psychiatric Services for  
individuals, families, couples,  
and groups, treating:**

anxiety  
depression  
relationship conflicts  
medical evaluation  
medication management

**Addiction Disorders**

drug & alcohol dependency  
sexual/internet addiction  
compulsive gambling  
eating disorders  
relapse prevention  
impaired professionals  
adults & adolescents

**Behavioral Medicine**

pain management  
stress management  
relaxation training  
self hypnosis  
chronic illness

**Threat Assessment**

workplace violence evaluation  
violence prevention consultation  
fitness for duty evaluation  
critical incident debriefing  
anger management

**Performance Enhancement**

sports psychology  
executive coaching

## Depression

### Bibliography

Care of the Soul: Thomas Moore

Darkness Visible: William Styron

The Depression Workbook. A guide for living with depression and Manic  
Depression: Copeland, M  
The Feeling Good Handbook: Burns, D.

Managing Pain before it Manages You: Caudill, M.

Moving Beyond Depression; A whole person approach to healing: Gregory L.  
Jantz

The Soul in Grief; Love, Death, and Transformation: Robert Romanyshyn

When Bad Things Happen to Good People: Harold S. Kushner