

Jay Essif
1801 Lititz Pike
Lancaster, PA 17601
(717) 560-7573

Type of Professional: Psychologist Male **Birth Date:** 12/12/48

Highest Academic Degree: M.S.(1972) Psychology, **Millersville University**

Licenses & Certificates: Psychologist, 1978

Hourly Session Fee \$90 Hour = 60 minutes

Extended Hours evenings, Saturdays

Alliance, Guidance Associates of PA EAP, PA Regional Independent Physicians Assoc.

Primary Orientations

Solution-Focused

Orientations

Eriksonian, Family Systems, Rational-Emotive, Cognitive-Behavioral, Emotional & Personal Skill-Building

Primary Therapies Provided

problem solving, relationship coaching

Therapies Provided

individual, marriage, divorce, family, relaxation, behavioral, hypnosis, stress management

Tests Provided

none

Expert Witness

none

Ages Treated

all ages

Special Populations Treated

separated/divorced, the skeptical

Key Problems Treated

hopelessness, stress & fear, life pattern changes

All Problems Treated

anxiety disorders, somatoform disorders, marital problems, childhood anxiety, mood disorders, focusing & attention, sleep disorders, adjustment disorders

Talks Provided -

Loving And Grieving For Your Pet

Learning Optimism & Hope: A Skill-Building & Self-Management Approach

Making Use Of Hypnosis And Self-Hypnosis

Overcoming Betrayal And Hurt

Adjusting To Change And Living With Ambiguity

Professional Memberships

LLPA

COMMENT:

I use a skill-building & problem-solving approach to actively engage my clients and their families to find solutions to their problems. I place a strong emphasis on privacy & self-sufficiency for effective and efficient intervention.