

Susan J. Atkins
Transitions
17 Riverside Ave
Lancaster, PA 17602
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Type of Professional: Psychologist Female **Birth Date:** 10/03/48

Other Locations Reading

Highest Academic Degree: Ph.D.(1999) Family Studies, **University of Delaware**

Licenses & Certificates: Psychologist, 1993

Hourly Session Fee \$95 Hour = 50 minutes

Extended Hours evenings

Approved For & Accepts:

Aetna, Blues, Capital Blue Cross, Champus, Health Assurance, HighMark, MCC, Medicare, Megellan, Preferred Health Care, Quest, United Behavioral, US Behavioral Health, Value Options

Primary Orientations

Holistic

Orientations

Cognitive-Behavioral, Humanistic, Phenomenological, Narrative, Social Learning, Solution-Focused

Primary Therapies Provided

individual, stress management, behavioral

Therapies Provided

divorce, group, relaxation, meditation, hypnosis, stress management

Tests Provided

attention-deficit disorder, coping, stress hardness

Ages Treated

adults

Special Populations Treated

abused spouse, incest victim, separated/divorced

Key Problems Treated

ADHD, anxiety disorders, post-traumatic stress

All Problems Treated

eating disorders, mood disorders, dissociative disorders, personality disorders, borderline personality, obsessive compulsives, adjustment disorders, grief, interpersonal, pain management, low self-esteem

Talks Provided -

What's Eating You About Eating?

Body Image & Self-Esteem

Stress Hardiness & Resilience

Stress Management For Mind & Body

Yoga for Anxiety and Depression

Professional Memberships

LLPA, PPA

COMMENT:

My practice is based on a holistic wellness model that empowers clients to find the resources necessary to solve problems and to achieve joyful connection with life. I work collaboratively with the client, using a holistic model that includes spiritual and social concerns. I have recently added training in Yoga for treating anxiety, depression, and stress.