

How To Know When You Need Help And Where To Find It

There are many types of chronic illness, from diabetes and AIDS to arthritis and persistent fatigue. While medical science has made great strides in developing effective treatments for the physical effects of these diseases, many victims still face a staggering challenge to their mental and emotional health.

Chronic illness can force many potentially stressful lifestyle changes, such as giving up cherished activities, adapting to new physical limitations and special needs, and paying for what can be expensive medications and treatment services.

Coping with the mental and emotional challenges of a chronic illness requires an approach that is realistic, but also positive. Adapting to your condition or feeling good about the future may seem impossible at first, but it can be done through therapy.

Does therapy work?

Research has shown that psychotherapy can help decrease depression, anxiety and other emotional symptoms as well as related physical symptoms. Evidence supports the idea that emotional and physical health are closely linked. Psychotherapy can improve your overall health.

Therapy can help to:

- Lessen the emotional impact of illness
- Reduce stress, anxiety and depression
- Manage pain and adverse side effects
- Increase well-being and quality of life
- Improve relationships with others
- Create meaning from illness

Find a Provider

You can:

- Contact your Doctor for a referral
- Contact your Insurance Provider
- Contact State Department of Health or other State Organizations
- Contact your local mental health center
- Contact your church or synagogue

I've found a provider, now what?

The most important thing is for you to be comfortable with your therapist. Also, don't be afraid to ask questions.

For instance:

- Are you a licensed psychologist?
- Do you have any specialized training?
- How long have you been in practice?
- What are your specialties and treatments that you offer?
- What are your fees? Do you accept insurance?

How are psychologists and psychiatrists different?

Psychiatrists are medical doctors who specialize in mental health. As M.D.'s, psychiatrists can prescribe medications. In comparison, psychologists have specialized training in psychological testing and psychotherapy.

Why should I see a psychologist?

Psychologists are doctoral-level therapists with a Ph.D. in clinical or counseling psychology (although there are some other types of psychologists, too - see below). The Ph.D. offers a great deal of flexibility, since Ph.D. psychologists are qualified to work in research, therapy, academics and other areas. As therapists, psychologists are like the General Practitioners of mental health - they are trained in psychological assessment and diagnostic methods that cover the full range of psychological disorders. Ph.D. psychologists have an educational background grounded in research and science, which helps to ensure that the techniques they use are the most effective and beneficial to you.

What about other types of therapists?

Some psychologists have Ed.D. or Psy.D. degrees. Ed.D.'s specialize in educational psychology while Psy.D.'s have a general psychology degree with less focus on research and assessment. Master's level counselors make up the majority of other counselors and include: licensed clinical social workers, licensed practicing counselors, marriage and family therapists, certified addictions counselors and the clergy.

In the state of Colorado, unlicensed therapists are allowed to practice therapy. While Colorado has some requirements that must be met in order to work as an unlicensed therapist, training in psychotherapy is more limited and usually below the standard training requirements of master's level and doctoral level therapists.

**For more information contact my office—
I'd be happy to answer your questions.**

Our Doctor

Melanie encourages clients' active participation in achieving results while providing a comfortable non-confrontational environment.



Melanie works with clients to understand the nature of their issues on multiple levels (physical, psychological, emotional, behavioral, and spiritual). Through this depth of understanding, she helps clients to build the emotional resilience necessary to navigate the difficulties of chronic illness. Treatment is typically done in conjunction with a client's physicians and other specialists. Melanie can help develop appropriate coping strategies that will not only reinforce treatment programs, but also help with fulfillment in life regardless of any physical limitations.

Dr. Melanie S. Weitzenfeld is currently in private practice in Greenwood Village, Colorado.

Experience:

CO. Neuropsychological and Behavioral Center, Denver, CO
Community Reach Center, Thornton, CO
Central Washington University, Ellensburg, WA
Kedren Acute Psychiatric Hospital, Los Angeles, CA
Los Angeles Gay & Lesbian Center, Los Angeles, CA

License:

Licensed Psychologist, State of Colorado Number: 3106

Education:

University of Southern California, Los Angeles, CA
Ph.D. in Counseling Psychology
M.S. in Counseling Psychology

Claremont McKenna College, Claremont, CA
B.A. in Psychology

Affiliations:

Colorado Psychological Association
Crohn's and Colitis Foundation of America, Rocky Mountain
Region Medical Advisory Committee

Specialties

Here is a brief listing of some of the issues I have helped patients with:

- Arthritis
- Autism
- Cancer
- Chronic Illness
- Chronic Pain
- Crohn's Disease
- Depression
- Diabetes
- Grief and Loss
- HIV/AIDS
- Infertility
- Inflammatory Bowel Disease
- Insomnia
- Irritable Bowel Syndrome
- Multiple Sclerosis
- Obesity
- Parkinson's Disease
- Phase of Life
- Pregnancy
- Relationships
- Self-Esteem
- Ulcerative Colitis

Financial Options

I currently accept cash and checks. Payments are to be made at the time services are rendered. Colorado Health Psychology has set fees for its services and can arrange customized payment plans. Please call (303) 596-0454 to discuss services and fees in greater detail.

Your confidentiality is important to me. Consequentially, Colorado Health Psychology does not bill insurance companies directly. When there is a third-party payer, that company has the ability to request session information and notes from our sessions. These notes are otherwise confidential.

We are happy to provide you with the appropriate receipts and codes (DSM-IV and CPT) so that you may request reimbursement from your insurance company.

COLORADO HEALTH PSYCHOLOGY

Comprehensive Psychological Services

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