

*Susan Drysdale, PhD*

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**I am a psychotherapist with 30 years of experience.**

**I work with individuals, couples, and groups who are dealing with:**

Depression

Anxiety

Complicated grief

Psychosomatic illness

Chronic illness

Relationship issues

Addictions

Aging issues

**I also teach classes, facilitate groups, and do presentations on the following topics:**

Working through the grieving process

Coping with anxiety

Learning to be authentic

Senior citizen issues

**The theoretical orientations of my work are:**

Humanistic: where I concentrate on your strengths and abilities

Cognitive: where I help you change your thinking to create a different reality

Behavioral: where I help you change behaviors to alleviate symptoms

Psychodynamic: where I help you to understand the roots of your issues in order to be able to work towards recovery

**I believe in the importance of hearing your story so that we can make sense of it and give it meaning. The tools I use during any session depend upon the story you present.**

**The process by which I help you deal with your emotions involves:**

Awareness

Acknowledgment

Understanding

Acceptance

Moving On

**The healing process involves**

Understanding

Cognitive shifts

Behavioral changes

Acceptance when change is not possible

*I work on a sliding scale so that if you want to do the work, I will make sure that it happens.*

*I work in person, by phone, by zoom, and by skype.*