

In The Current



The Quarterly Newsletter for *Integrated Therapy Center*
Vol. I | Issue I

From Managed Care to Packaged Care

In November we will be making a decision that will effect among other important issues, healthcare. Many of you have already experienced the problems of our existing healthcare system whether you realize it or not. Rising premiums (40% since 2000), rising co-payments and deductibles, difficulty finding practitioners with openings and limitations on visits with your provider are just some of the frustrations.

While many providers are struggling to adjust, the patient is the one who suffers when help is needed most. Spending hours on the phone in search of a practitioner who takes your insurance has become a challenge as many clinicians have opted out of networks. Rates for therapy and other healthcare services have increased, making services less affordable for the average family.

Until our politicians find a better way to regulate the insurance industry, we are left to our own creativity. Our answer to managed care is a concept we call "packaged care". We offer a variety of services including traditional mental health therapy, nutritional counseling, massage, and yoga; incorporate these modalities of wellness into affordably priced groupings so that individuals and families can benefit without financial hardship.

So vote wisely in the November election and make your voice on healthcare heard. Until we get the changes we all need, remember there is help out there. □



Integrated Therapy Center
108 Fairway Terrace
Mt Laurel, NJ 08054
856.787.7150
www.itc-home.com

INSIDE

Our Philosophy

ITC Wholeness Center
Open House Event

Eating and Nutrition

Upcoming Workshops

A Little About Our Staff...

Wholeness Center Services:

- Psychotherapy (all ages)
- Evaluations
- Nutrition Counseling
- Workshops
- Massage Therapy
- Group Therapy Sessions
- Yoga
- Coaching

www.itc-home.com



The Group Therapy Room at the Wholeness Center.



ITC Philosophy

The primary goal of a wholeness center is to help people feel more whole. Feeling whole means finding greater happiness and fulfillment in your life. Feeling whole means resolving painful experiences from your past. Feeling whole also means learning how to listen to “symptoms”, or messages from the body, such as anxiety and depression. When individuals become more whole

or fully integrated, they gain greater balance between work and play, and between self and others. Relationships become energized and conflict subsides. Finding greater meaning in your life and becoming more at peace with who you are—is the greatest gift you can give yourself. □



The Yoga Room.

Our great location and comfortable atmosphere create an ideal environment to assist your work!



Welcome!

ITC Housewarming Party & Steve Kuzma Art Exhibit

Join the staff of ITC on Sunday May 23rd from 2-5pm, for a day of celebrating our beginning, with hors d'oeuvres, socializing, and a special expose of a local artist, Steve Kuzma.

Steve Kuzma is a graduate of New York Parsons School of Design. His work has been featured in many settings, including the New York Times, CBS & ABC's coverage of the 1984 Winter Olympics in Sarajevo. His paintings are on permanent exhibition in New York City, the

National Art Museum in West Haven, Connecticut, and the American Sport Art Museum and Archives in Daphne, Alabama. His paintings of water colors and water mixable oils are inspired by nature and reflect beauty, joy and inner peace within our souls. His work serves to encourage this vision of connectedness in others.

Please be our guest for the May 30th housewarming. *We look forward to seeing you then.* □

Nutrition And Eating *with* Deborah Stump, MS, RD

Difficulties relating to eating and nutrition are often times more than superficial concerns. The roots of certain behaviors around eating have their origin in early childhood and can have long-lasting results. Many persons seek “miracle” cures and want overnight success in their battles with weight and related health concerns; however, only find out in the long run that they have done themselves more harm than good. If you are tired of this frustrating and seemingly endless cycle, I am here to help you make the needed, gradual lifestyle changes with the no-diet approach to weight management.



As an experienced eating disorder specialist, I work not just with overweight concerns but with persons finding it a struggle to eat at all, perhaps feeling trapped within anorectic or bulimic patterns and needing help. I work with adolescents as young as 14 years of age as well as women of all ages.

Lastly, with my clinical experience, I help clients manage diabetes, hypertension, and hyperlipidemia. Research has proven that with proper nutrition management, some persons are able to reduce or even discontinue their medication over time. As a Registered Dietitian and Counselor, I have worked effectively with clients, both on an individual basis as well as in group instruction and support group facilitation.

I am holding some upcoming group talks, one of which is entitled, “Straight Talk about Eating Disorders” This is becoming a very essential topic, so reserve your space now. Both individuals and families with children 14 and over are invited to attend . Call for more information. (ext 236)

The second in my series of upcoming talks will feature “Vegetarian Nutrition” and should help persons answer their questions on how to maintain a healthy vegetarian diet.

I will offer this on two Saturday mornings in May, so call now to reserve your preference.

Wishing you the best of health and wholeness,

Deborah Stump, MS, RD □

Upcoming Workshops

Relationship Enhancement | In June

Wednesday June 2nd:	Roadblocks to Communication	6:45- 8:00pm
Wednesday June 9th:	Healing Touch/ Food for Thought	6:45- 8:00pm
Wednesday June 16th:	Romance & Intimacy	6:45- 8:00pm
Wednesday June 23rd:	Resolving Conflicts	6:45- 8:00pm

\$60 per workshop (person or couple) or special discount of \$200 for all four.

Parenting Series | In July

Wednesday July 7th:	Understanding Personality Styles	6:45- 8:00pm
Wednesday July 14th:	Rules, Limits & Consequences	6:45- 8:00pm
Wednesday July 21st:	How to Talk So Kids Will Listen	6:45- 8:00pm
Wednesday July 28th:	Improving Your Family Health	6:45- 8:00pm

\$45 per workshop or special discount of \$150 for all four.

In order to save a place for you in the workshops, you must register in advance by either:

1. Calling ITC at: 856.787.7150 2. Printing & Faxing this form to: 856.787.1521 3. Emailing us at: BRudderow@tc-home.com

Services and Staff

Nutrition

Debbie Stump, MS, RD

Debbie has a unique blend of nutritional and mental health counseling. She specializes in weight management, eating disorders, and building energy.

Sessions are scheduled by appointment only (ext 236)

Yoga & Massage

Lisa Natale

Lisa is certified in Hatha Yoga through Our Lady of Lourdes

Mondays and Wednesdays – 5:30-6:45pm (Hatha Yoga)

Mental Health Therapy

Lisa Stammerjohann, MA, LPC

Works with adolescents and adults from a relational model.

Alice Aronson, MA, LPC

Specializes in women (trauma, relationships, self-esteem).

Michael Considine, MA, LPC

Is a certified school psychologist who does testing for children and adults (i.e. ADHD).

Donna Scherz, Psy.D.

Is a licensed clinical psychologist who does evaluations and therapy.

Gina Sciliano

Is a therapy student at LaSalle University. She works with all ages.

Susan Niznick

Is a therapy student from LaSalle University. She works with all ages.

Jared Scherz, M.Ed., LPC

Is the director and works primarily with relationships and groups.



Integrated Therapy Center

108 Fairway Terrace

Mt Laurel, NJ 08054

856.787.7150

www.itc-home.com

visit us now!

www.itc-home.com

