

## Our Online Therapy Program

### Interested in quality therapy? Can't make it to our office?

Consider E-therapy with Christopher Guardino, LMHC



#### About Christopher

My name is Christopher Guardino and I am a **Licensed Mental Health Counselor** (NYS, VT and Maine) specializing in anxiety and mood disorders. I have more than fifteen years experience in treating children, adolescents, adults and families. I have been trained extensively in Cognitive-Behavioral Therapy, but I also utilize other therapeutic modalities and problem-solving skills to help my clients. I have strong communication and interpersonal skills which helps to put clients at ease and implement treatments in a clear and gentle manner.

I have worked as a therapist at Freedom From Fear for 11 years. Prior to that I was a research assistant and worked on several projects funded by the National Institute of Mental Health. I also ran weekly support groups for people suffering from anxiety and depression.

After working in a traditional clinical setting, I envisioned a different approach to therapy, one that would be affordable and easily accessible. Based on positive research regarding the success of e-therapy, I decided to incorporate this treatment as a part of the services I offer. I have learned that clients were responsive and were benefiting from this approach, as much as from face to face therapy. More importantly, this service allows me to reach individuals who may not have the availability of treatment.

My services are provided on a HIPPA approved secure communication network which guarantees confidentiality for my clients. If you wish to discuss the possibility of E-therapy with me call me at **917-494-2717** for a free consultation. If I am not available leave your name and phone number stating that you are interested in e-therapy. Some insurances are acceptable, and for those who do not have insurance, I offer a sliding scale.

**Personal interest:** Snowboarding, photography, hiking, soccer, video games and documentary films.

To check you insurance you need to send me a picture of your card front and back with your name and date of birth. My email is [treatmentmadesimple@gmail.com](mailto:treatmentmadesimple@gmail.com) or **917-494-2717**.

