

Mental Health Services

Lee Psychological Service's counseling and psychological services are available to the general public on a fee-for service basis. Dr. Lee is a licensed psychologist well versed in a variety of individual, couples, group and family interventions.

Typical referrals include requests for assistance with communication and relationship difficulties, marital conflict, family dysfunction, stress-related problems and behavioral difficulties with adolescents.

For **Individuals**, a cognitive-behavioral approach is utilized. Dr. Lee is active, problem-focused, and goal-directed. Cognitive-Behavioral Therapy (CBT) is an empirically supported treatment that focuses on patterns of thinking that are maladaptive and the beliefs that underlie such thinking. Studies of CBT have demonstrated its usefulness for a wide variety of problems, including mood disorders, anxiety disorders, personality disorders, eating disorders, substance abuse disorders, and psychotic disorders.

For **Couples and Families**, we are dedicated to the understanding and enhancement of couple and family relationships through an emphasis on emotions and their interpersonal impact. We believe that all people can maximize their potential given a nurturing social environment, which we endeavor to foster in our work with clients.



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Licensed Psychologist

Lee Psychological Services

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Lee Psychological Services

Dr. Lee received his Master and Doctorate degrees in Counseling Psychology from Temple University, Philadelphia, PA.

Dr. Lee has taught courses on family violence, substance abuse, and counseling skills. He is a Consultant to Employee Assistance Programs.

He has authored articles, appeared in the media, and conducted seminars on workplace diversity, domestic violence, and substance abuse.

SEXUAL ADDICTION PROGRAM

Treatment Philosophy

At Lee Psychological Services, we believe that sex addiction must be addressed within the context of the individual's total spiritual, emotional, psychological and physiological well being. The clinical picture is often complicated by mood or anxiety disorders, trauma, grief and loss, substance dependence, or eating disorders.

The Sex Addiction Recovery Program creates treatment plans addressing all the relevant needs and personal goals. We specialize in treating men struggling with:

- Online affairs, infidelity
- Cybersex, pornography
- Compulsive masturbation
- Substance abuse fueled by sexual behavior
- Prostitution and sensual massage
- Exhibitionism and voyeurism
- Viewing pornography
- Inability to form relationships
- Anonymous and public sex

DOMESTIC VIOLENCE PROGRAM

Treatment Philosophy

At Lee Psychological Services, we believe that batterers use abuse to gain power and control over their intimate partners. Abuse is behavior that physically harms or creates fear in the victim. A batterer often prevents his/her intimate partner from doing what he/she wants to do.

Furthermore, batterers are not "out of control" as the result of poor anger management, stress, or substance abuse. They have learned to use abuse to get what they want. The good news is that, because abuse is learned behavior, it can be unlearned.

What Is Domestic Violence?

People often think of domestic violence as physical abuse. Physical abuse does include shoving, slapping, choking, kicking, using weapons, and murder. Domestic violence also includes many more behaviors, such as sexual abuse, emotional abuse, verbal abuse, and economic abuse.

Despite the fact that these forms of abuse are not physical in nature, we challenge group members to recognize that they are still harmful and in fact can destroy relationships.

SUBSTANCE ABUSE PROGRAM

Treatment Philosophy

The substance abuse treatment program has been designed to treat Substance abuse as a disease of a chronic, relapsing nature. Although this disease cannot be cured, we teach that it can be controlled, and that abstinence from alcohol and drug use is basic to maintaining recovery. The Program emphasizes the patient's responsibility for recovery.

Dr. Lee is a certified Substance Abuse Professional. He is the third party administrator of SAP services for Federal, State and Municipal government agencies and private trucking companies and other employers of "safety-sensitive" employees.

As the SAP, Dr. Lee arranges appropriate education and/or treatment for the employee. Following the completion of the treatment, Dr. Lee will re-evaluate the employee to determine the employee's suitability to return to their regular work assignments.

The most important goals of the SAP process are **Public Safety** and **Safety in the Workplace**.

