

## WELCOME

Greetings, I am Dr. Crystal J. Fitzpatrick and I am the director and the founder of Fitzpatrick Consultation and Treatment, LLC.

I find that most of us live day to day without giving much thought to achieving and maintaining emotional balance, searching and obtaining clarity of the mind, and least of all, being mindful of ourselves and others around us the way we truly should be. Because of that, some of us, from time to time, feel frustrated, lonely, angry, and even lost and in despair. But, such state of being does not have to be permanent. There is support, guidance, and help available. And it can start by simply pick up the phone or emailing us at 908-419-8931 or [cjfitz14@aol.com](mailto:cjfitz14@aol.com)

At Fitzpatrick Consultation and Treatment, LLC, you can work towards finding Balance, Clarity, and Mindfulness. Through various forms of psychotherapy and/or psychopharmacological therapy, you can start your journey towards healing, mending, and reconnecting with, not only others, but yourself as well. However, this journey must start with you and by you. So, pick up the phone and give us a call or send an email and let us help you get back to your authentic self.



## SERVICES

- Initial Psychiatric Evaluation
  - Psychiatric Clearance for medical procedures (e.g. bariatric surgery, cosmetic surgery)
  - Medication Consultation & Management
  - Psychotherapy (Including Hypnotherapy)
    - Individual
    - Couples
    - Family
    - Group
- \* We can provide medication management and psychotherapy together so that you don't have to go to 2 separate providers to treat the same condition/symptoms.

## DIAGNOSTIC SPECIALTY

- Depressive Disorder (including Post Partum)
- Anxiety Disorder (e.g. OCD, Panic Disorder, phobias)
- Post Traumatic Stress Disorder (PTSD)
- Grief/loss/Bereavement
- Bipolar Disorder & ADHD
- Schizophrenia & Schizoaffective Disorder
- Personality disorders

## TREATMENT MODALITIES

- Eye Movement Desensitization and Reprocessing Therapy (EMDR)
- Advanced Clinical Hypnotherapy
- Dialectical Behavioral Therapy (DBT)
- Mindfulness focused Psychotherapy
- Medication Management

## POPULATION SERVED

- Children and Adolescents
- Adults
- Older Adults

## OFFICE HOURS

Office hours are available by appointment only. We believe that treatment should help reduce stresses in ones life and not add to it. Therefore, we offer early morning, evening and weekend appointments to better accommodate the needs of the individual client. We also accommodate appointments within 24 hours if necessary.

## INSURANCE

We are an out-of-network provider and a fee-for-service practice. We do accept cash, checks, Visa (including debit cards), MasterCard, Discover Card, and American Express right at the office.

If you are unsure of your out-of-network benefits status, give us a call and we will find out for you. Usually, the in-network vs. out-of-network cost differs only by few dollars.

After you session, you'll be issued a statement of services rendered, which can be submitted to the insurance company for out-of network benefit reimbursement made directly to you within in 10 to 14 business days.

## FEES SCHEDULE

- Initial Psychiatric Evaluation (60 min) \$300.00
- Medication Mgmt w/ therapy (55 min) \$195.00
- Medication Management only (30 min) \$185.00
- Psychotherapy only (50 min) \$185.00
- Group Psychotherapy (90 min) \$75.00

\* Fee is due in full at the end of each session. Submission of statement of service rendered is to be done by the client, and reimbursement shall be made directly to the client.

## PRACTICE PHILOSOPHY

I believe that Balance is one of the most important components of a healthy and good life. Not unlike the human body, which works constantly to keep its' equilibrium, our mind too, strives for equilibrium; Balance. Another core belief is that when one works to seek and achieve Clarity, he/she will find peace and comfort. I define Clarity as the continual state of obtaining information/knowledge, asking questions, communicating, and validating information and feelings received in a cyclical way. I believe that Mindfulness is the key to maintaining continued balance and clarity in one's life. I interpret mindfulness as being in the "now"; being present and available.

Many of us either live in the past or the future, by being haunted by regrets or by always reaching for the next destination and never enjoying the ride itself. Unfortunately, not as many of us actually live in the "now." Some of us are drowning in our past or being suffocated by what lies ahead of us; feeling more and more out of control. I think when you are mindful of yourself, of your surroundings, and of the people around you, you'll begin to enjoy fulfillment that you've never known before.

My philosophy in treatment is quite simple. I believe that in psychiatry, if you are "in treatment" that means that you are committed to learning and practicing the tools to achieve Balance, Clarity, and Mindfulness; that you are working towards it at the least. I also think that such Balance, Clarity, and Mindfulness can be reached through treatment that involves psychopharmacology and/or different forms of psychotherapy.

I hope that Fitzpatrick Consultation and Treatment, LLC, can act as your guide/tool smith to achieving and maintaining your own Balance, Clarity, and Mindfulness.



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**Psychopharmacology  
Psychotherapy  
Peace of Mind**



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