

## Assessment and Treatment Services:

*Clinical Psychology Associates of North Central Florida* is devoted to providing quality consultation, assessment, and psychotherapeutic services to children, adolescents, adults, and families. We provide EAP services to City of Gainesville employees, spouses or significant others and dependent children through the City of Gainesville EAP.

We provide up to three free EAP sessions for crisis stabilization, referral or brief counseling. We deal with a full range of mental health and adjustment issues and also provide referrals for legal, financial or other types of assistance.

*Other than mandatory supervisor referrals, for which some information is provided back to the employer in terms of attendance and follow up, information is confidential.*

**More details about the City of Gainesville EAP program, our services and EAP policies can be found on our [cpanct.com](http://cpanct.com) website** by clicking on the EAP icon on the menu. We are proud to have maintained high satisfaction ratings.

We do have **Blue Cross Blue Shield** providers on staff, and can see individuals under their insurance plan if they choose to remain with us. This is not required and we offer referrals to other resources.

Our staff is trained at the doctoral level in psychology. This offers an exceptionally high standard relative to other EAP programs. We also have a large number of published articles also available on the CPANCF.COM website.

The following is a list of some of our areas of expertise.

### Assessment

Psychological assessment involves integrating an understanding of the individual's past and current history, current status, and psychological tests.

- Intellectual Abilities
- Personality
- Depression, Anxiety, and Mood Disorders
- Adjustment
- Learning Disabilities
- Attention
- Memory
- Neuropsychological Functioning
- Career Interests

### Special Areas of Expertise:

- Adult, Child, Marital, and Family Issues
- Abuse Issues
- Attention-Deficit Hyperactivity Disorder
- Asperger's and Autism Related Disorders
- Verbal and Nonverbal Learning Disorders
- Adjustment to Major Medical Illness
- Adult and Child Pain Disorders
- Eating Disorders / Body Image
- Depression and Anxiety
- Stress Reactions
- Post Traumatic Stress Disorder
- Head Injury and Acquired Brain Dysfunction
- LGBT Issues
- Employee Assistance and Career Issues

### Individual Psychotherapy and Counseling:

Psychologists provide a variety of approaches as appropriate to the individual case. Our staff's expertise spans childhood to senior years. Short-term as well as more traditional insight-oriented therapies are available.

Eclectic, Psychodynamic, Behavioral, and Cognitive-behavioral approaches are used as appropriate. Stress-management techniques and relaxation techniques are also used as indicated.

## Marital and Family Therapy:

Services are offered for marital therapy and enhancement, divorce issues, and referral for family mediation. Note that marital therapy is not a covered service under most insurance plans.

At times, multiple family members may need to be involved due to the complexities of family adjustment and interaction.

## Intellectual Assessment and Assessment for Learning Disabilities

Our neuropsychologists are skilled at assessing a variety of childhood, adolescent, adult and senior difficulties with memory, learning, and attention. Again, please note that IQ and learning disability testing is not covered by most insurance plans.

## Work stress and Career Counseling:

Our staff has a great deal of experience in assisting individuals with coping with stress in the workplace or from other services. Some of our staff have formal training and expertise in Career Assessment and counseling.

For further information about our staff, articles, EAP services, or links to helpful sites and community resources visit our website at:

**[WWW.CPANCF.COM](http://WWW.CPANCF.COM)**

## *Clinical Psychology Associates Of North Central Florida*

- **Ernest J. Bordini, Ph.D., Executive Director, Licensed Psychologist** is a neuropsychologist experienced in assessment and treatment of brain disorders. He is experienced in civil and criminal forensic psychological assessment, and Psychological Independent Medical Examinations.
- **Regina Melchor-Beaupré, Psy.D. Licensed Psychologist**, has experience in child and adolescent psychology, clinical health and psycho-oncology. She has a special interest in working with children and adults who have cancer or major medical conditions.
- **Benjamin Phalin, Ph.D. Psychology Resident – Neuropsychology.** Dr. Phalin is trained in Clinical and Health Psychology. He has special interests in dementia, head injuries and sports concussions.
- **Marcie Wiseman, Ph.D Psychology Resident-** specializes in adult and adolescent psychotherapy, She has special interest in Women Issues, Career Issues, Eating Disorder / Self Image and LGBT issues.
  
- **INDEPENDENT PRACTICES ALSO AVAILABLE TO CITY OF GAINESVILLE EAP MEMBERS:**
- **C. Russell Clifton, Ph.D.** is experienced in family, child, and adult therapy and assessment. He is interested in marital and divorce issues.

**Call (352) 336-2888** for more information or to schedule an appointment.

**[WWW.CPANCF.COM](http://WWW.CPANCF.COM)**

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Of North Central Florida  
2121 NW 40th Terrace, Suite B  
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(352) 336-2888*

*Providing Quality Psychological Consultation, Assessment, and Treatment to the North Central Florida Community*

## **CITY OF GAINESVILLE EAP PROVIDERS**



*Clinical Psychology Associates  
of North Central Florida*

Offices in Gainesville and Ocala

**WWW.CPANCF.COM**

**(352) 336-2888**