

# Clinical Psychology Associates of North Central Florida, P.A.

GAINESVILLE 352-336-2888 OCALA 352-629-1100

About / Contact / Join Mailist

Assessment Services

Staff

Therapy and Treatment Services

Medical Psychology

Neuropsychological Services

Employee Assistance Programs

Articles, Tips & Archives

Community & Web Resources

Practice News

Clinical Psychology E-Magazine

HIPAA / Payment & Insurance

Download Forms

CHADD of Alachua County

Home Page



Google Search

The Web

cpancf.com



## Clinical Psychology Associates of North Central Florida E-Magazine

### January - March 2013 Issue Focus on Anxiety



*Clinical Psychology e-Magazine* is a free on-line resource for individuals, parents, our [employee assistance program](#) clients and for community healthcare professionals.

Contact:

Ernest J. Bordini, Ph.D., Editor, CPeM  
2121 NW 40th Terrace Ste B, Gainesville FL 32605 352-336-288

#### Most Popular Pages:

[Psychological and Neuropsychological Assessment](#)

[Brain and Head Injuries](#)

[Classification of Head Injury](#)

[Forensic Evaluation and Testing](#)

[Common Psychological Tests](#)

[Coping with Attention-Deficit Hyperactivity Disorder \(ADHD\) in the Workplace](#)

#### Mission Statement

The mission of Clinical Psychology Magazine (CPeM) is to be a valuable source of information about psychological issues involving children, adolescents. We aim to provide practical articles, news of interest and resources for the community. Click on an article to read the full text. Check out our [articles and archives page](#) for more articles, many of which appeared in Gainesville Family Magazine and North Florida Family Magazine.

All rights reserved, *Clinical Psychology Associates of North Central Florida*.

#### August - October 2013 Featured Articles:

This period's issue focuses on anxiety disorders such as child and adolescent anxiety, school avoidance, panic disorder, generalized anxiety disorder, social anxiety disorder, and sleep disorders.

[Interventions for Anxious Youth in Schools](#)



### Most Popular Articles:

[Effects of Divorce on Children](#)

[Psychological Aspects of Coping With Cancer](#)

[Jealousy in Relationships](#)

[ADHD Medications](#)

[Learning Disabilities](#)

[Identifying Childhood Depression](#)

[Understanding Adult ADHD](#)

[Psychological Aspects of Coping with Cancer.](#)



[Relax & De-Stress](#)

Weil, Leeds

Buy from amazon.com

Privacy Information

**(PowerPoint)** by our new Associate, **Colleen Cummings Ph.D.** This is an excellent overview of how anxiety disorders in children and adolescents in school are often overlooked compared to disruptive disorders, features associated with anxiety disorders in youth, co-existing conditions, and empirically validated treatment approaches.

***Anxiety Disorders: A guide to the Basics*** Anxiety disorders are amongst the most common mental health disorders treated by psychologists and psychiatrists. Left untreated complications can occur.

***What's New in the Classification of Anxiety Disorders?*** DSM-V has brought changes to the diagnosis of childhood, adolescent and adult anxiety disorders, posttraumatic stress disorder, and others. This is a brief synopsis.

***Childhood and Adolescent Generalized Anxiety Disorder. What to Do When Anxiety and Worry Become a Serious Matter for Your Child or Adolescent.***

***Treatment Approaches to Addressing School Anxiety, Refusal and Avoidance. What to do When Your Child is Afraid or Does Not Want to Go to School.*** A timely article for dealing with children and teens facing anxiety about their return to school this Fall.

***Social Anxiety Disorder: Definitions and Manifestations*** Social anxiety disorder often

emerges in teen or early adult years and can undermine self esteem and evolve into other disorders.

***Overcoming Social Anxiety Disorder*** Reviews treatment approaches and resources for getting help for social anxiety disorder.

***Common Childhood Fears*** Childhood fears are common at certain ages, and some fears more common than others. Nightmares are also common, but become of greater concern with older children. One of our popular articles.

***Insomnia: Guide to the Basics*** We have worked hard on a series of articles on classification and approaches to treating and overcoming sleep problems.

**CPANCF in the News:**

**From MSN: Women's Issues. 12 Signs You May Need a Health Makeover** (external link) *by Linda Melone for MSN Healthy Living "Is your body trying to tell you something?" "Juggling a career, family and social life leaves little down time for the aches and pains of daily life". This MSN Health Living article features comment from an interview with our executive director, Ernest J. Bordini, Ph.D.*

**Past Featured Articles**

**An Introduction to Common Psychotherapy Approaches: Cognitive Behavioral Therapy and Short-term Psychodynamic Therapy** - In this article contrasting psychotherapy approaches some basic processes of change, similarities and

differences are discussed.

**Autism Spectrum Disorders: DSM-V Diagnosis - Changes to how autism, Asperger's, Pervasive Developmental Disorder and other Autism related disorders will be classified in DSM-V are discussed. There is also a link in the article to national and Florida resources for Autism Spectrum Disorders.**

**Cardiovascular Disease, Mood Disturbance, and Cognitive Deficits - London Butterfield, M.A. - This article discussed risks of depression and other mood disturbances in relationship to cardiac disease and cognitive deficits such as problems with memory or executive functions.**

**Attention-Deficit Hyperactivity Disorder and Co-Existing Conditions. Unless common conditions which may co-exist with ADHD are identified and addressed coexisting problems can undermine your child's success.**

**Challenges of Getting your ADHD Child Ready to Return to School - a seasonal favorite**

**The Learning Disorder Called Dyslexia Discusses Reading Disorder characteristics and assessment.**

**Help with Memory Websites - Brain games, strategies, caregiver guides and more**

***Help With Memory Reading -***  
**List of readings for memory strategies, improving memory and coping with memory problems.**

**Pediatric**  
**Neuropsychology**

**NEWS:**

***Introducing our new Associate, Dr. Colleen Cummings, who brings outstanding expertise on treatment of Anxiety Disorders to our practice.***

**London Butterfield, M.A., has joined us as an intern from the University of South Florida as she completes the defense of her doctoral dissertation. She has interests in neuropsychological assessment, adult psychotherapy and working with Parkinson's Disease sufferers who exhibit apathy and difficulties with motivation.**

**Follow Ernest J. Bordini, Ph.D., our Executive Director on Healthtap.com named as Top Clinical Psychologist in U.S**

**It has been a year since we parted ways with BCBS of FL after a carve-out of mental health benefits to New Directions Mental Health. National and state professional and consumer**

**Advocacy groups continue to pursue concerns about federal mental health parity laws. For details about the change of follow the blog at [FloridaPsychologists.net](http://FloridaPsychologists.net).**

**We continue to add some books/readings in Amazon links at the end of some pages, and continue to work to reorganize the articles/archives page to make it easier to find the numerous articles on varying psychological topics.**

**On the left side of this page we have added links to some of our most popular of articles. Dr. Jamison's article on Effects of Divorce on Children remains one of the most popular articles across many years. She was formerly an associate and now doing well in private practice in the Columbia, SC area.**

**Plans to convert the [NeuropsychologyCentral.com](http://NeuropsychologyCentral.com) website onto the same system we have this website making it easier to cross-reference articles and edit material have been postponed, pending funding. We also started a new website, [Memory-Disorder-Clinic.com](http://Memory-Disorder-Clinic.com) focusing on seniors with possible age-related or early dementia memory problems and have added links to readings for caregivers of Alzheimer's disease.**

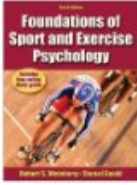

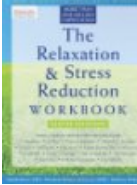

**Ideas about future things you would like to see are welcome as are of course financial contributions (not tax-deductible) to the site. Visit the [neuropsychologycentral.com](http://neuropsychologycentral.com) website forums for the donation link.**

**Disclaimers: The opinions**

**expressed in the magazine or in articles published or republished are those of the authors and do not necessarily reflect the views of the the owners or associates of *Clinical Psychology Associates of North Central Florida* (CPANCF) nor do they constitute an edorsement of product or services which may be described in the articles or by advertisers.**

**Clinical Psychology e-Magazine Clinical Psychology Associates of North Central Florida Archives:**

**[Spring 2013](#)**

 <p><a href="#">FOUNDATIONS OF SPORT &amp; EXERCISE PSYC...</a> SportsWorkout.com</p> <p><a href="#">Buy from amazon.com</a></p> <p><a href="#">Privacy Information</a></p>	 <p><a href="#">brain prints</a> JE</p> <p><a href="#">Buy from amazon.com</a></p> <p><a href="#">Privacy Information</a></p>	 <p><a href="#">The Relaxation and Stress Reduction ...</a> Martha Davis, Eliz...</p> <p><a href="#">Buy from amazon.com</a></p> <p><a href="#">Privacy Information</a></p>	 <p><a href="#">Managing Your Personal Finances</a> Joan S. Ryan</p> <p><a href="#">Buy from amazon.com</a></p> <p><a href="#">Privacy Information</a></p>
 <p><a href="#">Trading for a Living</a> Alexander Elder</p> <p><a href="#">Buy from amazon.com</a></p> <p><a href="#">Privacy Information</a></p>			

**Gainesville Office:** #454#QZ #73w#Whu#Vh#E#T d#hvy1m/#O#65938#- **Phone:** #685, #6905;; ;#0 **Fax:** #685, #6:40:63  
**Ocala Office:** #6335#7H#4vw#Dyh1#E@j #633R fdal/#O#65 - **Phone:** #685, #95<0433###**Email Us** [Terms of Service](#) [Privacy Policy](#)