

# **TERRAP ANXIETY AND PHOBIA CARE COGNITIVE AND BEHAVIORIAL HEALTH ASSOCIATES**

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**Julian M. Herskowitz, Ph.D.**  
President

**Kathy Plonski**  
Admin/Insurance Coordinator

## TO ALL NEW PATIENTS

We would like to take this opportunity to welcome you to our practice. For decades we have endeavored to provide the most competent, effective, compassionate and personal care to those encountering a variety of problems, including our specialty areas in anxiety, depression, relationship difficulties, and concomitant conditions.

We want you to know that we are committed to assist you to meet your goals in the best possible way. To help us do this, please give us feedback, cooperate with the treatment plan, do homework when it's assigned and do your best to be reliable and consistent in making your appointments. One of our greatest satisfactions is seeing how our efforts are rewarded by the progress that our patients achieve.

It is often recommended and advisable to coordinate care with your primary care physician. Enclosed you will find a form which gives us permission to contact your medical doctor regarding your care and treatment. Please fill out and sign the enclosed form and return it as soon as possible to your therapist.

Again, welcome to our practice. We hope you become one of our thousands of patients who have been helped and who support our practice through their continuing referrals of friends, family, neighbors, and acquaintances who can similarly benefit from our services.

Sincerely,

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**Julian M. Herskowitz, Ph.D.**  
President, Terrap Psychological Assoc.