Brian Gallagher, Psy.D.

Bio:

Dr. Brian Gallagher is a licensed clinical psychologist and co-founder of Keystone Psychological Associates a private psychology practice whose mission is providing evidence based psychological services. He provides a range of psychological services including psychotherapy and testing and evaluation. He is trained in Cognitive-Behavioral Therapy and has expertise in treating mood and anxiety disorders. He is a senior Staff Member at Einstein Hospital Department of Behavioral Health and Psychiatry and serves as an adjunct Professor at La Salle University

Link to CV

Services

Fees/Payment/Insurance

Client Documents

Services

Psychotherapy

Assessment and Evaluation

Sport and Performance Psychology

Psychotherapy

* Psychotherapy is a unique relationship in which compassion, respect and understanding are emphasized in forming a collaborative and helping relationship between client and therapist. Psychotherapy helps to make one aware of persistent maladaptive patterns and negative feelings. I utilize effective and proven techniques along with practical solutions to problems that people may experience. I conduct both individual or couples therapy. I generally utilize Cognitive Behavioral Therapy (CBT) when working with clients but also integrate other psychotherapeutic approaches. CBT is a proven effective approach to therapy that emphasizes becoming aware of and developing ways of changing the current patterns of thinking, feeling and acting that have come to interfere with one’s well being. What follows is a list of common types of problems that I have expertise and experience in treating.

◦Depression and Anxiety,

◦Eating disorders,

◦Marital Counseling/Relationship problems

◦Mood and emotion instability,

◦Post-traumatic stress or trauma,

◦Grief and Loss,

◦Work-related issues,

◦Sexuality concerns,

◦Addictions,

◦Low self-esteem, and

◦Stress management

**Assessment and Evaluation**

PSYCHOEDUCATIONAL EVALUATION: Testing of adolescents, and adults for learning differences, ADHD, learning disabilities; testing for school entrance and placement; testing for gifted programs and special accommodations for school, SAT’s, Law Board Exams, National Teacher Exams, etc.

PSYCHOLOGICAL EVALUATION: Assessment involving several domains such as social, emotional, intellectual, and personality characteristics and dynamics for in-depth understanding; assessment to clarify diagnosis and to identify and clarify key issues and dynamics of individual personality.

CAREER EXPLORATION AND DEVELOPMENT: Assessing personality traits and abilities and how an individual fits into the work world; determining person-job fit; exploring possible academic and career interests; assessing a person's strengths and areas of needed development for greater career or leadership success.

**Sport and Performance Psychology**

Sport Psychology services are for athletes, coaches or other performers looking to increase performance by addressing the mental and emotional side of performance. It my goal to provide athletes with new strategies and skills to cope with the high performance demands that they face in order to perform up to their potential on a consistent basis. I will provide detailed assessment ofpositive mental skills as well as barriers to performance and assist in developing known mental skills and strategies at improving performance.

• Individual performance enhancement

• Team based performance enhancement

• Counseling tailored for athletes

• Recruiting consulting

• Consultation with coaches,athletic training, and administration

• Psychological rehabilitation after injury

**Insurance/Payment/Fees**

I currently accept Aetna and Blue Cross Blue Shield insurances. You would be responsible for the co-pay at the time of service if you are a member of one of these health plans. Co-pays typically vary from $10-$50 depending on your plan.

I am am "out-of-network" provider for other insurance plans, including Personal Choice, Keystone Health Plan East, Independence Blue Cross, Cigna. At the time of service you would be responsible for paying the relevant fee. At that time you will be provided an invoice that you can submit to your insurance company. Typically, after meeting your annual deductible, you can expect to get reimbursed between 50% to 80% of the allowed fee. I can help you determine this information if you do not know.

I accept cash, personal checks, and all major credit cards (Visa, M/C, American Express and Discover).

Clients are charged the full-fee for any appointments not cancelled with at least 24 hours notice (barring unforeseen emergencies).

**Fees:**

**Initial Evaluation $180**

**Psychotherapy $120 (45-50 minute session)**

**Psychological Testing $200/hr**

Unpaid Accounts:

If you experience difficulty in meeting your payment obligations, please contact me so we can establish a reasonable payment plan. Overdue accounts (i.e., which remain unpaid 90 days) may be turned over to a collection agency as a final resort for non-payment. Overdue accounts may also be subject to interest charges and collection fees.

**Client Forms**

Links to Files :

Client Information Document

Informed Consent Therapy

Informed Consent Testing

Release and Obtain