



**Dr. Christine Girard**

Psychologist, PhD



#### Office

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#### Contact Information

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I am committed to creating an atmosphere of trust, respect, honesty, and confidentiality. I listen attentively and believe that the relationship that we create together is an important tool for our work together. My orientation is psychodynamic, which means that I believe in the central role of the unconscious, past history and emotional forces. I apply this approach to many kinds of issues (depression, anxiety, addiction, difficulty in interpersonal relationships, general sense of dissatisfaction with life). My goal is to help you develop the awareness, insight, and psychological skills that you will be able to use later on your own.

I work with adults, adolescents, couples, families and children. I have a specialty in child psychology, child psychotherapy and developmental psychology. I work with children in play therapy but work also very much with the parents and the child-parent(s) dyad. I do child psychological testing.

I am a psychologist and psychoanalyst, a graduate from Paris X-Nanterre University, Long Island University and NYU Postdoctoral Program in Psychoanalysis and Psychotherapy. I am French and have been living in New York City for 20+ years and intimately know what it means to be an immigrant or expatriate.

#### ***Taking the first step toward getting help is often the most difficult***

Please don't hesitate to send an [email to Dr. Christine Girard](#).

## Treatment Approach

#### Orientation:

Family/Marital Therapy  
Play Therapy  
Psychoanalytic  
Psychodynamic

#### Modality:

Individuals  
Couples  
Family

## Finances

**Avg Cost (per session):** \$180 - \$220

**Sliding Scale:** No

**Accepts Credit Cards:** No

#### Accepted Insurance Plans:

Medicare  
*Verify your health insurance coverage when you [arrange your first visit](#).*

## Qualifications

**Years in Practice:** 10+ Years

**School:** Long Island University

**Year Graduated:** 1996

**License No. and State:** 013222 New York

## Specialties

Depression  
Child or Adolescent  
Alcohol Abuse

#### Issues:

Addiction  
Anxiety or Fears  
Attention Deficit (ADHD)  
Behavioral Issues  
Drug Abuse  
Emotional Disturbance  
Family Conflict  
Learning Disabilities  
Life Coaching  
Loss or Grief  
Expatriation/Immigration  
Parenting  
Relationship Issues  
Self Esteem  
Spirituality  
Substance Abuse  
Suicidal Ideation  
Testing and Evaluation  
Trauma and PTSD

#### Mental Health:

Mood Disorders  
Personality Disorders  
Psychosis

## Client Focus

**Gender:** All

**Ethnicity:** Any

**Alternative Languages:** French

**Religious Orientation:** Any

### Age:

Toddlers / Preschoolers (0 to 6)

Children (6 to 10)

Preteens / Tweens (11 to 13)

Adolescents / Teenagers (14 to 19)

Adults

Elders (65+)

## Easy Access

**Nearby Towns:** New York, NY

**Nearby Counties:** New York

**Nearby Zips:** 10024, 10025, 10026

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