

Rachel Needle PsyD

Rachel Needle PsyD: Understanding Her Expertise and Contributions to Psychology

Are you seeking a deeper understanding of Dr. Rachel Needle's contributions to the field of psychology? This comprehensive guide dives into the career and expertise of Rachel Needle, PsyD, exploring her areas of specialization, publications, and the impact she's made on individuals and couples navigating relationship challenges and personal growth. We'll delve into her work, offering insights into her therapeutic approach and the resources she provides. Whether you're a client seeking a therapist, a student researching prominent psychologists, or simply someone curious about relationship psychology, this article will provide valuable information about Dr. Rachel Needle and her work.

Dr. Rachel Needle's Areas of Expertise

Dr. Rachel Needle, PsyD, is a licensed psychologist specializing in several key areas within the field. Her expertise lies predominantly in relationship therapy and sex therapy, with a particular focus on improving communication and intimacy within relationships. She possesses a deep understanding of the intricacies of couple dynamics, offering solutions for common relationship challenges like conflict resolution, infidelity, and communication breakdowns. Beyond relationship-focused therapy, Dr. Needle also addresses individual concerns, assisting clients in overcoming personal obstacles that may impact their relationships or overall well-being. Her background and training allow her to address a wide spectrum of emotional and psychological issues, ensuring a holistic approach to treatment.

Rachel Needle PsyD: Publications and Contributions to the Field

Dr. Needle's influence extends beyond her clinical practice. She's a prolific author, contributing significantly to the understanding and accessibility of relationship and sex therapy principles. Her publications are often characterized by their clear, straightforward approach, making complex psychological concepts easily understandable for a wider audience. This commitment to clarity allows individuals to apply her insights to their own lives, promoting self-help and empowering them to build stronger, healthier relationships. Her books and articles are frequently recommended resources for both professionals and individuals seeking guidance in these areas. Her readily available materials make her expertise accessible even outside of traditional therapy settings.

Understanding Dr. Needle's Therapeutic Approach

Dr. Needle's therapeutic approach is characterized by several key elements. First, she emphasizes evidence-based practices, integrating proven therapeutic techniques into her sessions. This ensures that her clients receive interventions that are rooted in scientific research and have demonstrated efficacy. Second, her style is collaborative and empathetic. She works closely with her clients to create a personalized treatment plan tailored to their specific needs and goals. This client-centered approach fosters a strong therapeutic alliance, crucial for successful outcomes. Finally, her focus on practical application means she helps clients translate insights from therapy sessions into tangible changes in their daily lives. This focus on actionable strategies maximizes the impact of therapy.

The Impact of Dr. Rachel Needle's Work

Dr. Needle's work has made a significant impact on many individuals and couples struggling with relationship and intimacy issues. By making complex psychological concepts more accessible and providing practical tools for self-improvement, she empowers her clients to build stronger, more fulfilling relationships. Her consistent focus on education and outreach further extends her reach, helping a broader audience understand the importance of healthy relationship dynamics and seeking professional help when needed. Her contributions enhance the overall understanding and support available to those seeking to improve their emotional well-being and relationships.

Finding Resources and Support Through Dr. Rachel Needle

Dr. Needle's influence isn't limited to direct client interactions. She actively utilizes various platforms to share her expertise and offer support. Her website serves as a hub for information, providing access to her publications, upcoming events, and resources for those seeking professional guidance. Through online presence and social media, she maintains engagement with a wider audience, offering insights and answering questions related to relationship and sex therapy. This commitment to accessibility broadens her impact, extending her expertise beyond geographical limitations.

Ebook Outline: Understanding Rachel Needle, PsyD

Title: Unlocking Intimacy and Connection: Understanding the Work of Rachel Needle, PsyD

Outline:

Introduction: An overview of Dr. Needle's work and the book's purpose.
Chapter 1: Dr. Needle's Background and Professional Journey.
Chapter 2: Key Areas of Expertise: Relationship and Sex Therapy.
Chapter 3: Understanding Dr. Needle's Therapeutic Approach.
Chapter 4: Analyzing Dr. Needle's Publications and their Impact.
Chapter 5: Practical Applications of Dr. Needle's Insights.
Chapter 6: Finding Resources and Support Through Dr. Needle.
Conclusion: Summary and future implications of Dr. Needle's work.

Detailed Explanation of Ebook Chapters

Introduction: This chapter will provide a brief biography of Dr. Rachel Needle, highlighting her educational background, professional journey, and overall focus on relationship and sex therapy. It will also outline the book's overall structure and the key takeaways readers can expect.

Chapter 1: This chapter will delve deeper into Dr. Needle's background, tracing her educational path, her professional experiences, and any significant milestones or awards that have shaped her career. It will provide context for understanding her unique perspective and expertise.

Chapter 2: This chapter will extensively explore Dr. Needle's areas of expertise, focusing on relationship therapy and sex therapy. It will detail the specific challenges she addresses in her practice and the therapeutic techniques she employs. This chapter will differentiate her work from other professionals in the field.

Chapter 3: This chapter will analyze Dr. Needle's therapeutic approach, emphasizing her client-centered style, evidence-based methods, and the importance of building a strong therapeutic relationship. It will include examples of how these elements translate into practical treatment strategies.

Chapter 4: This chapter will examine Dr. Needle's significant publications, books, and articles. It will highlight the key themes and concepts presented in her work and assess their impact on the fields of relationship and sex therapy. This chapter will review critical reception and significance within the professional community.

Chapter 5: This chapter will offer practical applications of Dr. Needle's insights, providing readers with actionable steps they can take to improve their relationships. It will translate theoretical concepts into tangible techniques for self-improvement and personal growth.

Chapter 6: This chapter will guide readers on how to find resources and support provided by Dr. Needle and her team. This will include information on her website, social media presence, and any workshops or seminars she conducts.

Conclusion: The conclusion will summarize the key aspects of Dr. Needle's work, reiterating her significant contributions to the fields of relationship and sex therapy. It will look forward to the potential future implications of her ongoing research and practice.

FAQs

1. What types of relationship issues does Dr. Needle treat? Dr. Needle treats a wide range of relationship issues including communication problems, infidelity, conflict resolution, and intimacy challenges.
2. Is Dr. Needle's therapy approach suitable for everyone? While her approach is generally effective, its suitability depends on individual needs and preferences. A consultation is recommended to determine compatibility.
3. Does Dr. Needle offer online therapy sessions? This information can be found on her official website.
4. What is the cost of therapy with Dr. Needle? Pricing information is typically available on her official website or through direct contact.
5. Does Dr. Needle work with LGBTQ+ individuals and couples? This information is best verified through her website or direct contact.
6. What are some of the key takeaways from Dr. Needle's books? Her books generally focus on improving communication, understanding intimacy, and resolving conflict in relationships.
7. How can I access Dr. Needle's publications? Her publications are often available online through various retailers and her website.
8. Does Dr. Needle provide workshops or seminars? Information about workshops and seminars can be found on her official website or through social media channels.
9. Is Dr. Needle's work relevant to individuals in long-distance relationships? Yes, many of her principles on communication and maintaining intimacy are applicable to long-distance relationships.

Related Articles

1. Effective Communication Techniques in Relationships: Explores practical strategies for improving communication in romantic partnerships.
2. Overcoming Infidelity: A Path to Healing and Forgiveness: Offers guidance for couples navigating infidelity and its aftermath.
3. Building Intimacy: Understanding the Importance of Emotional and Physical Connection: Focuses on fostering deep emotional and physical intimacy in relationships.
4. Conflict Resolution Strategies for Couples: Provides practical tools and techniques for resolving conflicts constructively.

5. Understanding Sex Therapy: Addressing Sexual Issues in Relationships: Examines various sexual challenges and available therapeutic interventions.
6. The Role of Trust in Healthy Relationships: Explores the critical role of trust in building strong and lasting relationships.
7. Maintaining Long-Distance Relationships: Offers advice and strategies for maintaining healthy connections in long-distance relationships.
8. Self-Esteem and its Impact on Relationships: Explores how self-esteem influences relationship dynamics and satisfaction.
9. Identifying and Addressing Relationship Red Flags: Helps readers identify early warning signs of unhealthy relationship patterns.

rachel needle psyd: Abortion Counseling Rachel Needle, PsyD, Lenore E. A. Walker, EdD, 2007-08-10 The majority of women who have had abortions report feeling happy, satisfied, and relieved following their abortion. Some few women who have had an abortion may experience some feelings of guilt and sadness; however, this rarely lasts longer than a few days. Those very few women who present with prolonged feelings of sadness and mental health problems are women who have either had these problems prior to their abortion, had other risk factors, or were influenced by frightening demonstrations and inaccurate biased information provided prior to the abortion. Through this book the authors hope to train general therapists and counselors in pre- and post-abortion counseling techniques--to avoid women experiencing unnecessary psychological problems created by those who insist that the non-existent post-abortion syndrome exists. Abortion counseling has a critical role to play in ensuring women's mental health is the priority and not the goals of a political agenda. Thus, Needle and Walker have taken on a complex, profound and essential task -- equipping therapists and abortion counselors with the knowledge and skills needed to help their clients -- and they have done it well. Readers of this book should [gain] an increased understanding of how women's diverse life circumstances affect their ability to cope with the difficult decisions and circumstances surrounding abortion. They will also be better able to build women's resilience and coping skills by having considered them both in the context of women's lives (e.g., coping resources, social support, partner violence, incidence of depression), and in the context of socio-political agendas that seek to manipulate women's mental health in order to undermine women's reproductive rights....In the final analysis, it is important to remember that abortion counseling is not about abortion - it is about women confronting the decision to bear a child - with all of the profound and life changing commitments and responsibilities that entails. -- From the Foreword by Nancy Felipe Russo, PhD, Regents Professor of Psychology, Arizona State University

rachel needle psyd: Reclaiming Pleasure Holly Richmond, 2021-10-01 Go beyond surviving to reclaim your sexual self. If you have experienced sexual abuse, assault, harassment, or rape, you may feel disconnected from your sexual self—even if you’ve overcome the initial trauma of your experience. You are a survivor; but surviving is just the beginning. This book explores what comes next. Written by a psychotherapist and grounded in cutting-edge research, *Reclaiming Pleasure* picks up where other sexual trauma recovery books leave off. It offers practical tools to help you cultivate a sense of safety, security and trust in order to reclaim the vitality, pleasure and great sex you deserve. The book will also serve as your compass on a journey toward the rediscovery of desire, letting you explore what you want from others and for yourself. This groundbreaking book will help you: Understand the lasting mental, physical, sexual, and relational impacts of sexual trauma Move beyond feelings of shame Reclaim pleasure and reignite passion in your life Surviving is merely the first step in the process of recovery from sexual trauma. With this sex-positive and empowering

guide, you are invited to take your recovery to the next level. You'll feel emboldened by the desire for better sex, healthier relationships, and a more connected, pleasurable life.

rachel needle psyd: The Battered Woman Syndrome, Third Edition Lenore E. A. Walker, EdD, 2009-03-23 This is an excellent book, written by the foremost authority in the field. [It] is easy to read and does a nice job integrating theory and research. Score: 95, 4 stars --Doody's Walker's seminal, groundbreaking book *The Battered Woman Syndrome* (BWS) has forged new directions in the field of domestic violence for over 30 years. Now, the highly anticipated, third edition offers thoroughly updated and revised research on key topics, including posttraumatic stress disorder, learned helplessness or learned optimism, the cycle theory of violence, and much more. This third edition presents updated data generated from the newly modified Battered Woman Syndrome Questionnaire (BWSQ). With a new focus on culture and ethnicity, these data detail the experiences of foreign women who either live in their country of origin or the U.S. Like its popular predecessors, this new edition serves as a valuable resource for both professional counselors and students studying domestic violence. Discussions on the revised criteria for the BWS and PTSD: Posttraumatic stress and re-experiencing the trauma High levels of anxiety and arousal Emotional numbing, avoidance behaviors, and depression Disrupted interpersonal relationships Distorted body image and physical illnesses Sexual issues, including feelings of guilt, shame, and jealousy Key topics discussed: Attachment issues for battered women and the men who batter them Substance abuse and addiction Risk factors for further abuse Women in prison and battered women who kill their abusive partners in self-defense The Survivor Therapy Empowerment Program (STEP) which helps women better understand how the violence has impacted their lives

rachel needle psyd: The Wiley Handbook of Sex Therapy Zoë D. Peterson, 2017-03-13 The Wiley Handbook of Sex Therapy ist ein umfassendes und auf empirischer Basis überarbeitetes Werk zur jüngsten Theorie und Praxis in der psychotherapeutischen Behandlung sexueller Probleme quer durch alle Klientengruppen. -In vier Abschnitten werden spezifische sexuelle Fehlfunktionen, theoretische Ansätze der Sexualtherapie, die Arbeit mit der Diversität der Klienten und zukünftige Richtungen in der Sexualtherapie dargestellt. -Vertritt einen ganzheitlichen Ansatz in der Sexualtherapie, fokussiert auf die Anwendung einer Bandbreite psychotherapeutischer Theorien und Techniken mehr als nur auf die gängigen Verhaltensstrategien. -Fallstudien dokumentieren das breite Spektrum an Zuständen, die Klienten erleben können und die Sexualtherapeuten daher im Beratungsraum antreffen. -Enthält Beiträge von mehr als 60 Experten verschiedener Fachrichtungen.

rachel needle psyd: The Battered Woman Syndrome, Third Edition Lenore E. Walker, 2009-03-23 Print+CourseSmart

rachel needle psyd: Erectile Dysfunction, An Issue of Urologic Clinics Culley Carson, 2011-05-28 Dr. Culley Carson provides a state-of-the-art review of clinical issues surrounding erectile dysfunction. Top experts in the field, like Dr. Laurence Levine and Dr. Alan Seftel, contribute reviews on peyronie's disease and epidemiology and risk factors, respectively. A practical approach is given, with articles on doppler blood flow analysis, comparison of established agents with newer phosphodiesterase medications, penile rehabilitation after prostate cancer, and treatment of erectile dysfunction and depression.

rachel needle psyd: Handbook of Sex Trafficking Lenore Walker, Giselle Gaviria, Kalyani Gopal, 2018-12-24 This definitive reference assembles the current knowledge base on the scope and phenomena of sex trafficking as well as best practices for treatment of its survivors. A global feminist framework reflects a profound understanding of the entrenched social inequities and ongoing world events that fuel trafficking, including in its lesser-known forms. Empirically sound insights shed salient light on who buyers and traffickers are, why some survivors become victimizers, and the experiences of victim subpopulations (men, boys, refugees, sexual minorities), as well as emerging trends in prevention and protection, resilience and rehabilitation. These powerful dispatches also challenge readers to consider complex questions found at the intersections of gender, race, socioeconomic status, and politics. A sampling of topics in the Handbook: · An

organizational systems view of sex trafficking. · Vulnerability factors when women and girls are trafficked. · Men, boys, and LGBTQ: invisible victims of human trafficking. · Organized crime, gangs, and trafficking. · Human trafficking prevention efforts for kids (NEST). · Treating victims of human trafficking: core therapeutic tasks. · From Trafficked to Safe House (C-SAFE). The Handbook of Sex Trafficking will interest a wide professional audience, particularly mental health workers, legal professionals, and researchers in these and related fields. Public health and law enforcement professionals will also find it an important resource.

rachel needle psyd: The Battered Woman Syndrome Lenore E. Walker, 2001-07-26 In this latest edition of her groundbreaking book, Dr. Lenore Walker has provided a thorough update to her original findings in the field of domestic abuse. Each chapter has been expanded to include new research. The volume contains the latest on the impact of exposure to violence on children, marital rape, child abuse, personality characteristics of different types of batterers, new psychotherapy models for batterers and their victims, and more. Walker also speaks out on her involvement in the O.J. Simpson trial as a defense witness and how he does not fit the empirical data known for domestic violence. This volume should be required reading for all professionals in the field of domestic abuse. For Further Information, Please Click Here!

rachel needle psyd: Attached Amir Levine, Rachel Heller, 2010-12-30 "Over a decade after its publication, one book on dating has people firmly in its grip." —The New York Times We already rely on science to tell us what to eat, when to exercise, and how long to sleep. Why not use science to help us improve our relationships? In this revolutionary book, psychiatrist and neuroscientist Dr. Amir Levine and Rachel Heller scientifically explain why some people seem to navigate relationships effortlessly, while others struggle. Discover how an understanding of adult attachment—the most advanced relationship science in existence today—can help us find and sustain love. Pioneered by psychologist John Bowlby in the 1950s, the field of attachment posits that each of us behaves in relationships in one of three distinct ways: • Anxious people are often preoccupied with their relationships and tend to worry about their partner's ability to love them back. • Avoidant people equate intimacy with a loss of independence and constantly try to minimize closeness. • Secure people feel comfortable with intimacy and are usually warm and loving. Attached guides readers in determining what attachment style they and their mate (or potential mate) follow, offering a road map for building stronger, more fulfilling connections with the people they love.

rachel needle psyd: Raising Your Game Ethan J. Skolnick and Dr. Andrea Corn, 2012-12 America's children are joining and quitting youth sports in record numbers. If kids can't find the fun in an activity, they may try to find the way out. If an adult can't find the right tools, they may not know the right words to say or the right actions to take. In Raising Your Game, authors Ethan J. Skolnick and Dr. Andrea Corn present a guide adults can use to ensure the most enjoyable and enriching youth sports experience for a child. Through a combination of advice from more than 100 elite athletes and time-tested sports psychology concepts, Raising Your Game prompts parents to consider what really matters when it comes to their kids and sports. From LeBron James to Shannon Miller, Brandi Chastain to Jason Taylor, John Smoltz to Mary Joe Fernandez, Sanya Richards-Ross to Torii Hunter, athletes from across the sports spectrum discuss their setbacks and successes what worked for them and what didn't. Raising Your Game discusses the types of guidance that can ignite inspiration and foster participation, practice, and progress, and which methods can create frustration and dejection. It shows the difference a supportive parent can make by showing up, showing interest and, at times, showing restraint.

rachel needle psyd: The Praeger Handbook of Community Mental Health Practice Doreen Maller, Kathy Langsam, Melissa Jerbian Fritchle, 2013-02-20 This expansive, three-volume set addresses the complexities of interconnectivity, therapeutic capacity, and the competencies needed in order to provide sophisticated and integrated community mental health care—both in the United States and within a global community. The Praeger Handbook of Community Mental Health Practice provides an essential framework that will serve university educators, students, new practitioners, and experienced therapists alike as they adapt to new approaches to community mental health and

respond to changing laws governing mental health provision across state, national, and global levels. Volume one considers the structures, challenges, and expectations of community mental health, familiarizing readers with key issues such as service delivery, funding, and key models of intervention and care. Volume two provides an in-depth exploration of the specific issues of working with populations that participate in and benefit from community mental health services, including addiction, school-based services, juvenile and adult justice, and veteran's services. In Volume three, the contributors address specific needs, considerations, and concerns relevant to working in the global community, including disaster services, trauma, working with children, and providing training in international settings.

rachel needle psyd: *Brainspotting* David Grand, Ph.D., 2013-04-01 Brain-based therapy is the fastest-growing area in the field of psychological health because it has proven that it can immediately address issues that talk therapy can take years to heal. Now Dr. David Grand presents the next leap forward in psychological care—combining the strengths of brain-based and talk therapies into a powerful technique he calls Brainspotting. In Brainspotting, Dr. Grand reveals the key insight that allowed him to develop this revolutionary therapeutic tool: that where we look reveals critical information about what's going on in our brain. Join him to learn about: The history of Brainspotting—how it evolved from EMDR practice as a more versatile tool for brain-based therapy • Brainspotting in action—case studies and evidence for the effectiveness of the technique • An overview of the different aspects of Brainspotting and how to use them • Between sessions—how clients can use Brainspotting on their own to reinforce and accelerate healing • Why working simultaneously with the right and left brain can lead to expanded creativity and athletic performance • How Brainspotting can be used to treat PTSD, anxiety, depression, addiction, physical pain, chronic illness, and much more Brainspotting lets the therapist and client participate together in the healing process, explains Dr. Grand. It allows us to harness the brain's natural ability for self-scanning, so we can activate, locate, and process the sources of trauma and distress in the body. With Brainspotting, this pioneering researcher introduces an invaluable tool that can support virtually any form of therapeutic practice—and greatly accelerate our ability to heal.

rachel needle psyd: *The Five Flirting Styles* Jeffrey Hall, 2013-08-27 Shows those looking for love how to identify their natural flirting style and use it to flirt smarter and attract the best person for them.

rachel needle psyd: *International Handbook of Threat Assessment* J. Reid Meloy, Jens Hoffmann, 2021 Revised edition of International handbook of threat assessment, [2014]

rachel needle psyd: *Cultural Psychology* Heine, Steven J., 2020-06-10 The most contemporary and relevant introduction to the field, Cultural Psychology, Fourth Edition, is unmatched in both its presentation of current, global experimental research and its focus on helping students to think like cultural psychologists.

rachel needle psyd: *Running in Silence* Rachael Steil, 2020-08-04 Rachael Steil clocked in as an All-American collegiate runner; she became a girl clawing for a comeback on a fruitarian diet. This year-long struggle with raw food ended when she realized she had to find her self-respect beyond her identity as a successful runner on a perfect diet. *Running in Silence* opens the door on the secret world of eating disorders. It provides vital insights for those who don't suffer from this disorder and an honest and harrowing personal story for those who do. Steil challenges the stigma of eating disorders, looks past appearance, and dives into the heart of obsession.

rachel needle psyd: *Introduction to Abnormal Child and Adolescent Psychology* Robert Weis, 2017-02-01 Robert Weis' third edition of *Introduction to Abnormal Child and Adolescent Psychology* adopts a developmental psychopathology approach to understanding child disorders. Using case studies, this perspective examines the emergence of disorders over time, pays special attention to risk and protective factors that influence developmental processes and trajectories, and examines child psychopathology in the context of normal development. Designed to be flexible via its focused modular organization, the text reflects the latest changes to the DSM (DSM 5, 2013) and is updated with new research and developments in the field.

rachel needle psyd: *Angst* Jeffrey P. Kahn, 2013 Why do so many people suffer the slings and arrows of outrageous angst? Some twenty percent of us are afflicted with common Anxiety and Depressive disorders. That's not just nervous or scared or sad - that is painful dysfunction without obvious benefit. A new theoretical synthesis suggests that while animals share a set of evolved social instincts, we humans experience commonplace Anxiety and Depressive disorders when we use our reason to defy that biology.

rachel needle psyd: *Previvors* Dina Roth Port, 2010-10-05 The first guide to all surgical and nonsurgical options for women with a high risk for breast cancer. Advances in genetic testing and risk assessment have changed the face of medicine, but with them has come a Pandora's box of dilemmas. Imagine discovering you had a significant risk for developing breast cancer. What would you do? Through the incredible true stories of five young friends, as well as interviews with more than seventy top breast cancer experts, health writer Dina Roth Port addresses the universal questions of women everywhere who have watched family members suffer from the disease and wondered, Am I next? Full of practical information, *Previvors* is the first comprehensive book to guide women through the difficult process of determining their risk, weighing the options, and coping with the emotions of deciding to undergo surgery. Readers will learn: •The pros and cons of getting tested for the BRCA gene •How to decide between surgical or nonsurgical options •The latest research in breast cancer surveillance •The advanced new world of breast reconstruction •How to overcome body image and sex issues post-surgery, and more From navigating health insurance coverage to finding the right medical team, *Previvors* is an invaluable resource for women facing decisions about their risk and future health. Watch a Video

rachel needle psyd: *Developing Global Health Programming* Jessica Evert, Paul Drain, Thomas Hall, 2014 *Developing Global Health Programming: A Guidebook for Medical and Professional Schools*, 2nd edition is an essential text for any academic institution, administrator, faculty, or student interested in developing or expanding global health education and international programs. This text expands on the 1st edition and provides a comprehensive view of global health education that is useful for medical, nursing, dental, public health, and other professional schools. This book provides evidence, theory, and practical information to guide astute program development and gold standard practices. Topics covered include ethics, pre-departure training, competencies, partnership structures, and much more. In addition, need-to-know resources and networking opportunities are detailed. This authoritative text has over 90 contributors, including trainee authors guided by faculty editors through a mentorship model. Foreword by Andre Jacques Neusy, Co-Founder & CEO, Training for Health Equity Network (THEnet)

rachel needle psyd: *Overcoming Medical Phobias* Martin Antony, Mark Watling, 2006-03-03 Overcome Your Fear of Doctors, Blood, Needles, and More-You Can Do It! Does even the thought of a visit to the doctor's office start your heart racing? You're not alone. Some 30 million of us have a significant fear of doctors, dentists, medical procedures, blood, needles, and so forth. These fears might already have inconvenienced you, but if you're avoiding necessary medical attention, you could be putting yourself in great physical danger. But you don't have to live with these fears anymore. This book can help you overcome your medical phobia, maybe in less time that you ever thought possible. Start by learning about your fears, where they might come from, what factors influence them, and how you can best prepare to overcome them. Then you'll gradually and safely confront your specific fears. The book also includes information about avoiding relapse so you can maintain your progress, as well as steps for helping someone you care about who suffers from a medical phobia. Learn about your fears, how they may have begun, and the methods used to treat them Prepare for treatment, either on your own or with the help of a professional Explore exposure-based strategies for overcoming your fears Learn strategies to prevent fainting Plan relapse-prevention strategies to maintain your progress Engage your family and friends as sources of support

rachel needle psyd: *Shadows in the Sun* Gayathri Ramprasad, 2014-10-13 As a young girl in Bangalore, Gayathri was surrounded by the fragrance of jasmine and flickering oil lamps, her family

protected by gods and goddesses. But as she grew older, demons came forth from dark corners of her idyllic kingdom—with the scariest creatures lurking within her tortured mind. Shadows in the Sun traces Gayathri's courageous battle with debilitating depression that consumed her from adolescence through marriage and a move to the United States. Her inspiring memoir provides a first-of-its-kind cross-cultural view of mental illness—how it is regarded in India and in America, and how she drew on both her rich Hindu heritage and Western medicine to find healing.

rachel needle psyd: i-Minds Mari K. Swingle, 2016-06-01 Constant connectivity is rewiring our brains - this is your survival guide for the digital era Many of us would no more go out without our cell phone than we would leave the house without clothes. We live our lives on social media, and PDAs, tablets, computers and other devices are completely integrated into our global culture. From connectedness to accessibility and instant access to information, a wealth of benefits accompanies this digital revolution. But what about the cost? Weaving together history, popular literature, media and industry hype, sociology and psychology, and observations from over 18 years of clinical practice and research, Dr. Mari Swingle explores the pervasive influence of i-technology. Engaging and entertaining yet scientifically rigorous, i-Minds demonstrates: How constant connectivity is rapidly changing our brains What dangers are posed to children and adults alike in this brave, new world The positive steps we can take to embrace new technology while protecting our well-being and steering our future in a more human direction. This extraordinary book is a virtually indispensable look at a revolution where the only constant is change—food for thought about which aspects of technology we should embrace, what we should unequivocally reject, and the many facets of the digital era that we should now be debating.

rachel needle psyd: Endocrine Conditions in Pediatrics Takara Stanley, Madhusmita Misra, 2020-09-25 This book is aimed at primary care providers who care for the pediatric age group (general pediatrician, the PCP working with pediatric patients, and family medicine providers) with the goal of covering the endocrine differential diagnosis of common signs and symptoms of possible endocrine disease as well as appropriate initial laboratory evaluation and interpretation. While multiple pediatric endocrine textbooks exist, most of them are heavy in coverage of physiology and rare diseases, with less discussion of practical steps in evaluation and diagnosis. This book distinguishes itself through a very practical approach. The first section is organized by presenting signs and symptoms, the second section is organized by laboratory interpretation, and the third section provides summaries of common pediatric endocrine disorders. Chapters are concise, providing critical clinical information including clinical pearls, common diagnoses and important points in patient counseling. Written by experts in the field, Endocrine Conditions in Pediatrics is a valuable resource that provides general pediatricians and other primary care providers with all of the information they need to provide superb patient care before transferring to a pediatric endocrinologist when necessary.

rachel needle psyd: Pediatric Psychosocial Oncology: Textbook for Multidisciplinary Care Annah N. Abrams, Anna C. Muriel, Lori Wiener, 2015-11-16 This textbook walks clinicians through the psychosocial issues and challenges faced by children and adolescents with cancer and their families. Through a developmental lens, the text provides guidance and resources that will enable clinicians to understand the physical and emotional impact of the disease from diagnosis onwards, to work with families in distress, and to diagnose and treat a range of behavioral, psychological, and psychiatric issues. The book also addresses the burgeoning fields of social media, complementary therapies, palliative care, and survivorship. Among the variety of useful resources supplied are assessment tools, websites, and additional reading materials. The psychosocial issues that arise for children and their families during the course of treatment are an important yet often overlooked aspect of pediatric oncology care. The reader will find that Pediatric Psychosocial Oncology: Textbook for Multidisciplinary Care covers these issues at the forefront of clinical care in a direct and approachable way, integrating research literature with practical clinical guidance.

rachel needle psyd: Introduction to Psychology Rod Plotnik, 2002 There is simply no other textbook as effective in getting students excited about and involved with psychology as Plotnik's

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rachel needle psyd: Casebook of Neuropsychiatry Trevor A. Hurwitz, Warren T. Lee, 2013-04-22 Casebook of Neuropsychiatry provides a fascinating tour of the critical subspecialty of neuropsychiatry, which combines neurology and psychiatry to address organic disturbances in the central nervous system that give rise to mental diseases. The book is comprised of 11 chapters, with subjects ranging from apathy to hyperkinetic states, and from depression to psychobehavioral disinhibition. The chapters are further divided into 38 cases, each of which takes the reader from clinical presentation through differential diagnosis and diagnostic workup, to current treatment options. Although the book is written in an engaging, narrative style, it has a strong, thoroughly up-to-date scientific foundation. Each case is placed in the appropriate neurobiological context, thus enhancing both the reader's clinical skills and his or her neuropsychiatric knowledge. The book's many beneficial features include: Complete coverage of the neurological diseases and treatments, including detailed material on the behavioral affiliations of the frontal, temporal and parietal cortices; limbic system; and basal ganglia; Charts, illustrations, and imaging, which allow the reader access to all the diagnostic and medical historical documentation necessary to fully understand each case; Key Clinical Points provided at the end of each chapter, which focus the reader's attention on the most important facts and strategies; and Suggested readings, which afford readers the opportunity to deepen and enhance their knowledge and understanding. By grounding the field of neuropsychiatry in real-life clinical problems, the editors have created an engaging and practical volume that allows psychiatrists, neurologists, residents, and others to update their knowledge of current neuropsychiatric thinking, sharpen their diagnostic skills, and fully appreciate the nuance and substance of this rapidly growing field.

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