

# Cognitive Dynamic Therapy

Complex problems require creative solutions. Cognitive Dynamic Therapy is an integrative treatment that systematically combines two of the most powerful approaches to changing human behavior: Cognitive behavior therapy and psychodynamic Therapy. Cognitive behavior therapy is a brief, symptom focused approach that helps individuals replace negative patterns of thinking, feeling and behaving with more adaptive ways of living. Psychodynamic therapy focuses on changing the underlying conflicts that may cause dysfunctional patterns.

**Cognitive Dynamic Therapy** seeks an optimal balance between:

- \* Reducing current symptoms and resolving underlying causes
- \* Focusing on present issues and working through past traumas
- \* Developing practical self-regulation skills and promoting an empathic environment that fosters deeper self-exploration
- \* Insight and action. Many people find that insight, while important, is not always sufficient to produce change. Actively translating insight into changing how one thinks, feels, and acts must be achieved



Cognitive Dynamic Therapy Associates

*A Multi-Specialty Psychological Group*

## Cognitive Dynamic Therapy Associates

### Our Offices

#### *CDTA Oakland*

155 North Craig Street, Suite 170  
Pittsburgh, Pennsylvania 15213

#### *CDTA North*

9500 Brooktree Road, Suite 310  
Wexford, Pennsylvania 15090

Business Office: 412-687-9099  
Internet: [www.cogdyn.com](http://www.cogdyn.com)  
E-mail: [manager@cogdyn.com](mailto:manager@cogdyn.com) or  
[schwartz@cogdyn.com](mailto:schwartz@cogdyn.com)

---

**Robert M. Schwartz, Ph.D., President**  
**Lawrence M. Glanz, Ph.D., Vice President**

# The Challenge

Life has become increasingly complex. A rapidly changing society challenges us from early childhood through late adulthood. As progression through the life cycle becomes more demanding, multiple coping strategies are needed to maintain the harmonious balance that produces optimal functioning and well-being. When the stress of life becomes over-whelming, professional services may be needed to restore this vital balance.

# The Solution

## From Generalist To Specialist

The complexity of today's problems means that an individual professional cannot be an expert in all areas of psychological practice. Scientific advances in understanding human problems, together with the development of more focused treatments for specific disorders, increasingly require a specialist approach. Cognitive Dynamic Therapy Associates brings together experienced psychotherapists who are broadly trained in clinical psychology and are experts in the treatment of specific psychological and behavioral disorders. As a multi-specialty group, we can offer state-of-the-art treatment that ensures individual problems will be personally treated by an expert. If more than one family member needs help, we will design a comprehensive treatment approach that maintains consistency and quality of care.

# Insurance

Cognitive Dynamic Therapy Associates participates in a number of insurance and managed care networks, including all Highmark Blue Cross/Blue Shield plans, UPMC, Magellan, Value Behavioral Health, United Behavioral Health, Aetna Health Plans, Medicare and Pennsylvania Blue Shield.

# Services

## PSYCHOLOGICAL ASSESSMENT

Intelligence & Personality Testing from Preschool Age through Adulthood/Neuropsychological Testing

## PRESCHOOL AND MIDDLE CHILDHOOD DISORDERS

Oppositional Behavior/Aggression  
Attentional Problem/Fears/Anxiety  
Sleep & Eating Disorders/Depression  
School Related Problems/Family Stress  
Developmental Disabilities & Delays

## ADOLESCENT DISORDERS

Mood Fluctuations/Identity Confusion  
School & Learning Problems/Family Conflicts  
Transition to College

## ANXIETY DISORDERS

Nervousness & Tension/Post-Traumatic Stress Disorder  
Panic Disorder/Social Anxiety/Performance Anxiety  
Phobias~Agoraphoria

## DEPRESSION

Low Self-Esteem/Indecision/Loss of Interest  
Prolonged Sadness/Hopelessness/Bereavements  
Loss of Energy/Insomnia/Poor or Excessive Appetite

## HEALTH PSYCHOLOGY

Stress Management/Pain Management  
Psychosomatic Disorders  
Smoking Cessation/Eating Disorders/Weight Loss

## WOMEN'S ISSUES

Pregnancy/Post-Partum Disorders/Abortion  
Family, Career & Self-Esteem  
Divorce & Single Parenthood  
Pre-Menstrual Syndrome/Menopause  
Emotional/Sexual Abuse/Body Image

## SEXUAL PROBLEMS & MARITAL DISTRESS

Communication & Marital Problems  
Premature Ejaculation/Erectile Dysfunction  
Inhibited Orgasm/Loss of Sexual Desire  
Vaginismus/Painful Intercourse  
Sexual Addiction Infertility/Adoption

# To Contact Us:

If you wish to schedule an initial session, or inquire further about specialized services and consultations, please call 412-687-8700

|                                |              |   |
|--------------------------------|--------------|---|
| Robert M. Schwartz, Ph.D       | Press        | 1 |
| Lawrence M. Glanz, Ph.D        |              | 2 |
| Sally G. Hoyle, Ph.D           | 724-272-2124 |   |
| New Patient Calls              |              | 4 |
| Joseph S. Weiss, Ph.D          |              | 5 |
| Rachael D. Rosen, LCSW, B.C.D. |              | 7 |
| Ginger Martin, Psy.D.          |              | 8 |
| John Beiter, Ph.D.             |              | 9 |
| Shirley Kurtz, LCSW, Ph.D      | 412-521-7099 |   |
| Christine Sarteschi, Ph.D      | 724-472-2015 |   |
| Susan Turner, Psy.D            | 614-203-9996 |   |

---

# Main Business Office:

*manager@cogdyn.com - 412-687-8700*  
*FAX 412-687-6808*