

# COUNCIL FOR *Relationships*

Helping people live their best lives since 1932.

## **IT'S NOT UNCOMMON**

One out of every four adults per year is affected by a mental health or substance abuse issue. Anxiety is the most common, affecting approximately 40 million people or 18% of American adults. People with an anxiety disorder are 3-5 times more likely to go to a doctor and 6 times more likely to be hospitalized for psychiatric disorders than those who do not suffer from anxiety. Depression affects approximately 14.5 million American adults. Approximately 1% of American adults have bi-polar disorder.

Unfortunately, many people don't get the prompt and adequate treatment that they need because they are uncertain about where to find help or are embarrassed or ashamed to ask for help. This can interfere with their ability to live a normal, productive and health life.

## **INQUIRIES & APPOINTMENTS**

Elyse Stein Batoff  
(215) 741-1266 ext.2  
Council for Relationships  
One Oxford Valley, Suite 310  
Langhorne, PA 19047



*For more information, visit us online.*

[www.councilforrelationships.org](http://www.councilforrelationships.org)

# ELYSE STEIN BATOFF

*Licensed Psychologist*

*Licensed Marriage and Family Therapist*

*(215) 741-1266 ext. 2*

## I CAN HELP

My approach to treatment is integrative and includes modalities such as behavioral, cognitive, psychodynamic, and systemic.



## SERVICES

*I can help individuals with a wide range of issues such as:*

- Depression
- Anxiety
- Bi-polar disorder
- Post-traumatic stress
- Stress management
- Postpartum depression
- Menopause
- Self-esteem issues
- Intergenerational issues
- Transitional issues
- Trauma
- Sexual addiction, codependency, love addiction

*I can help couples with relationship issues that involve or stem from:*

- Intimacy problems
- Aftermath of an affair
- Sexuality
- Communication issues including problem solving and conflict resolution
- Pre-marital counseling

*I can help individuals, couples, and families with:*

- Separation and divorce
- Blended families
- Co-parenting