

**Harm Reduction
Psychotherapy and Training
Associates**
31 West 11th St. 6D
New York, N.Y. 10011

Co-directors
Mark Sehl, PhD
Andrew Tatarsky, PhD

1-888-227-7542

info@harmreductioncounseling.com

Excerpts from papers by Dr. Tatarsky and Dr. Sehl can be found on our web site, along with contributions from other authors. Look for Harm Reduction Psychotherapy by Dr. Andrew Tatarsky on HRPTA's home page-

www.harmreductioncounseling.com

Harm Reduction Psychotherapy and Training Associates, Psychology, Social Work, PLLC


DBA Harm Reduction Psychotherapy and Training Associates



H R P T A

**Harm Reduction Psychotherapy and
Training Associates**

31 West 11th Street 6D, New York, N.Y. 10011



Harm Reduction Psychotherapy and Training Associates



H R P T A

"Where Choice Counts"



Harm Reduction Psychotherapy and Training Associates

Harm Reduction Psychotherapy and Training Associates (HRPTA) is an organization offering counseling and psychotherapy to people with drug and alcohol problems, their friends and families. Our services are provided by licensed professionals in private practice whose approach is informed by the harm reduction model.

H R P T A

1-888-227-7542

harmreductioncounseling.com

Why Harm Reduction?

Research in the substance use field has found that it is easier for some people to begin counseling when specific goals are not required to enter treatment. Harm Reduction has evolved as an innovative approach to helping people with substance use problems without requiring specific goals as a condition for beginning treatment. HR aims to support users in reducing the harm associated with substance use without requiring abstinence as a goal. Abstinence is one possible outcome, among others. At HRPTA we try to match the full spectrum of goals and strategies for change to the needs of each individual.

Harm Reduction Psychotherapy

Harm Reduction Psychotherapy (HRP) sees substance use problems as related to personal meaning, social forces and biology in a way that is unique for each person. HRP seeks to create a safe, collaborative context in which the specific nature of the substance use problem and the relationship between substance use and others aspects of the person are clarified. Both problematic substance use and problems in these other areas are addressed with goals and strategies individually tailored to the person.

- Services Offered

- Comprehensive assessment
- Individual psychotherapy
- Family and couple counseling

Referrals are made for medical evaluation, outpatient detoxification and inpatient care when appropriate.

Fees and hours: Fees are arranged between therapist and client. Therapists' hours vary according to the individual practitioner.

Confidentiality: Since our affiliated therapists are in private practice, our organization is structured to offer the utmost in privacy and confidentiality.

“Where Choice Counts”