

CENTER FOR LOW COST PSYCHOTHERAPY
33 SOUTH FULLERTON AVENUE
MONTCLAIR, NJ 07042
(973) 509-9777

WHAT?

In the mid -fifties a prominent local psychiatrist, Lewis H. Loeser, concerned with the lack of adequate facilities for adults and families with limited incomes, suggested to the Mental Health Association of Essex County that there might be local mental health professionals who would be willing to contribute time to an outpatient treatment program. In 1957 the Center for Low Cost Psychotherapy (CLCP) began with 12 therapists and financial support from the Mental Health Association. The program philosophy is this: to provide psychotherapy for persons who can benefit by such therapy but cannot afford it; and, to utilize the services of private practitioners, insofar as possible, to accomplish this purpose.

WHERE?

In contrast with traditional psychotherapy programs, CLCP utilizes a unique administrative structure. The program operates out of a central administrative office in Montclair that employs a full time director, an administrative assistant, and a part-time psychiatrist who serves as medical director. Clients are initially seen at the main office for evaluation by the medical director or the director and referred to a CLCP provider.

HOW?

Following evaluation, clients are assigned to one of the 35 private therapists who are on the CLCP panel of providers. Subsequent sessions are held at the therapists' private office. Treatment modalities include individual, marital, group and family therapies. Once enrolled in psychotherapy, clients are eligible to receive medication consultations from CLCP's psychiatrist.

WHO?

CLCP is open to individuals 18 years of age and older who can benefit from therapy but cannot afford to pay private practitioners' fees. Typical problems include anxiety, depression, family conflicts, problems at work or at school and adjustment problems.

There are currently 35 therapists on the CLCP panel of providers. They include psychologists, social workers and psychiatric nurse specialists. Before being accepted on the panel, therapists' qualifications are reviewed by the CLCP Professional Advisory Committee, which consists of professionally trained persons of recognized stature including at least one psychiatrist, one psychologist and one clinical social worker.

For more information please contact Mary Ann Forster at (973) 509-9777