

Clinical Psychology Associates Of North Central Florida

- **Ernest J. Bordini, Ph.D., Executive Director, Licensed Psychologist** specializes in clinical and forensic neuropsychology, as well as clinical psychology and substance abuse assessment and treatment. He has been named a Distinguished Psychologist by the Florida Psychological Association and was the first nationwide “Top Doctor” in clinical psychology in competition hosted by HealthTap.
- **Jennifer Evans, Psy.D., Licensed psychologist,** serves as our primary **Adult Psychotherapist**, and provides psychotherapy for anxiety disorders, social anxiety disorder, depression, alcohol and substance abuse, ADHD and learning difficulties. She incorporates Cognitive Behavioral Therapy (CBT) and eclectic approaches in her work and has additional specialty expertise in working with LGBT individuals.
- **Regilda A. Romero, Ph.D., Licensed Psychologist,** brings her specialty training in **pediatric neuropsychology**, and providing psychotherapy and assessment for children and adolescents with ADHD, Learning Disorders, Autism Spectrum Disorders, and other neurodevelopmental disorders. She has a wealth of training in working with multidisciplinary teams in school system settings.
- **INDEPENDENT PRACTICES ALSO AVAILABLE TO CITY OF GAINESVILLE EAP MEMBERS:**



- **C. Russell Clifton, Ph.D.** is experienced in family, child, and adult therapy and assessment. He is interested in marital and divorce issues.

Call (352) 336-2888 for more information or to schedule an appointment.

Clinical Psychology Associates of North Central Florida
2121 NW 40th Terr. Ste B
Gainesville, FL 32605
(352) 336-2888

Providing Quality Psychological Assessment and Therapy for the North Central Florida Community

City of Gainesville and Gainesville Police Department **EAP PROVIDERS**

*Clinical Psychology Associates
of North Central Florida*

Offices in Gainesville and Ocala



Main Office in Gainesville



Satellite Office in Ocala

WWW.CPANCF.COM

(352) 336-2888

Assessment and Treatment Services:

Clinical Psychology Associates of North Central Florida is devoted to providing quality consultation, assessment, and psychotherapeutic services to children, adolescents, adults, and families. We provide EAP services to City of Gainesville employees, spouses or significant others and dependent children through the City of Gainesville EAP.

We provide up to three free EAP sessions for crisis stabilization, referral or brief counseling. Sworn GPD officers received unlimited free visits. We deal with a full range of mental health and adjustment issues and also provide referrals for legal, financial or other types of assistance.

Other than mandatory supervisor referrals, for which some information is provided back to the employer in terms of attendance and follow up, information is confidential.

More details about the City of Gainesville EAP program, our services and EAP policies can be found on our cpancf.com website by clicking on the EAP icon on the menu. We are proud to have maintained high satisfaction ratings.

Dr. Clifton remains a **Blue Cross Blue Shield** and **New Directions** provider. However, after a decision by BCBS to split off their mental health services to a managed care subsidiary, **New Directions** our main practice in efforts to maintain high standards of service and privacy, decided to continue our tradition of not becoming involved with managed care companies. We do offer a discounted rate of 30% off or more for City Employees, and employees can submit forms we will provide for reimbursement of 60-70% of out of network therapy visits. Staying with our office is not required and we offer referrals to other resources.

Our staff is trained at the doctoral level in psychology. This offers an exceptionally high standard relative to other EAP programs. We also have a large number of published articles also available on the CPANCF.COM website.

The following is a list of some of our areas of expertise.

Assessment (the PAI is covered by the EAP, but other psychological or neuropsychological testing is not covered by the EAP)

Psychological assessment involves integrating an understanding of the individual's past and current history, current status, and psychological tests.

- Intellectual Abilities
- Personality
- Depression, Anxiety, and Mood Disorders
- Adjustment
- Learning Disabilities
- Attention and Memory
- Neuropsychological Functioning
- Career Interests

Special Areas of Expertise:

- Adult, Child, Marital, and Family Issues
- Abuse Issues
- Attention-Deficit Hyperactivity Disorder
- Asperger's and Autism Related Disorders
- Verbal and Nonverbal Learning Disorders
- Adjustment to Major Medical Illness
- Adult and Child Pain Disorders
- Eating Disorders / Body Image
- Depression and Anxiety
- Stress Reactions
- Post Traumatic Stress Disorder
- Head Injury and Acquired Brain Dysfunction
- LGBT Issues
- Employee Assistance and Career Issues

Individual Psychotherapy and Counseling:

Psychologists provide a variety of approaches as appropriate to the individual case. Our staff's expertise spans childhood to senior years. Short-term as well as more traditional insight-oriented therapies are available.

Eclectic, Psychodynamic, Behavioral, and Cognitive-behavioral approaches are used as appropriate. Stress-management techniques and relaxation techniques are also used as indicated.

Marital and Family Therapy:

Services are offered for marital therapy and enhancement, divorce issues, and referral for family mediation. Note that marital therapy is not a covered service under most insurance plans. At times, multiple family members may need to be involved due to the complexities of family adjustment and interaction.

Intellectual Assessment and Assessment for Learning Disabilities

Our neuropsychologists are skilled at assessing a variety of childhood, adolescent, adult and senior difficulties with memory, learning, and attention. Again, please note that IQ and learning disability testing is not covered by most insurance plans.

Work stress and Career Counseling:

Our staff has a great deal of experience in assisting individuals with coping with stress in the workplace or from other services. Some of our staff have formal training and expertise in Career Assessment and counseling.

For further information about our staff, articles, EAP services, or links to helpful sites and community resources visit our website at:

WWW.CPANCF.COM