

Arlene Neuman, LCSW, a Licensed Clinical Social Worker & Psychotherapist with Union Square Couples Counseling

Get to know Licensed Clinical Social Worker & Psychotherapist Arlene Neuman, who serves patients in New York City, New York.



New York City, Feb 6, 2020 ([IssueWire.com](http://www.IssueWire.com)) - Arlene is a licensed clinical social worker & psychotherapist who serves patients at her private practice - Union Square Couples Counseling & Psychotherapy - in New York City, New York, which she established in 1983. Through a combination of supportive listening, constructive feedback, and a variety of mindfulness and cognitive tools, she aims to improve communication in intimate relationships, enhance one's ability to deal with stress, and address mood-related issues.

As an individual, group and couples therapist, Arlene has extensive experience teaching and supervising other clinicians at the National Institute for the Psychotherapies, The Fifth Avenue Center for Counseling and Psychotherapy, and the Eastern Group Psychotherapy Society.

Throughout her academic career, she received her Master of Social Work (MSW) degree from The Hunter School of Social Work before going on to complete her post-graduate work at the Psychoanalytic Institute for Clinical Social Workers. She trained in mindfulness and meditation with John Welwood and advanced her approach to couples therapy with Terry Real and the Relational Life Institute.

Committed to expanding her knowledge base and skills, Arlene stays current with up to date therapeutic modalities. For the last two decades, she has been part of the Systems Centered Training, which teaches a transformative change-based approach to therapy for individuals, groups, and couples.

A licensed clinical social worker (LCSW) works with patients in order to help them deal with issues involving mental and emotional health. There are a wide variety of specializations the LCSW can focus on, including mental health issues, substance abuse, public health, school social work, medical social work, marriage counseling or children and family therapy.

Psychotherapy is the use of psychological methods, particularly when based on regular personal interaction with adults, to help a person change behavior and overcome problems in desired ways. Psychotherapists work with patients who are affected by difficulties such as depression, phobias, stress, anxiety, emotional and relationship problems, physical or psychosomatic disorders, and behavioral problems. Activities may include: performing therapy sessions in a controlled environment.

Learn More about Arlene Neuman:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/82736642-Arlene-Neuman-Social-Worker> or through Union Square Couples Counseling & Psychotherapy, <http://arleneneumancsw.com/about/>

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Source : Arlene Neuman, LCSW

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