



The Counseling Service

**at the Pennsylvania
Hospital
Parkinson's Disease &
Movement Disorder Center**

330 S. 9th Street
Philadelphia, PA 19107

Telephone: 215-829-6688



The Counseling Service Hours

The Counseling Service
provides counseling by ap-
pointment only.

215-829-6688

Services at a Glance

- Individual , Caregiver, Cou-
ples and Family Counseling
- Support Groups, including
specialty groups for early
onset PD, women with PD,
caregivers, and those diag-
nosed with parkinsonisms.
- Dance and exercise pro-
grams
- Educational programs

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why do I need counseling?

Living with Parkinson's disease (PD)
can be challenging – both physically
and emotionally. You may be feeling
sad, anxious, or a sense of loss.

Maybe you have been recently diag-
nosed and need someone to talk to
that understands. These
feelings are all common
and a very real part of
the Parkinson's experi-
ence. Research has



shown that treating the psychological
aspects of Parkinson's can be just as
important as treating the physical
symptoms of the disease. That's **why**
talking about your feelings can help.
The Counseling Service is here to lis-
ten and care and offer ways to help
you cope with some of the emotional
challenges of living with Parkinson's.

Caring for a person with PD offers a different set of challenges. Changing roles and increasing demands can become a burden for caregivers.



You may feel anger or sadness, withdraw, or just need someone to talk to about the pressure of such responsibilities. Speaking with a professional about these changes, either with your loved one or just yourself, can help to lighten the burden and deal with the challenges of caring for someone with PD.

What kind of services will i find here?

The Counseling Service offers a variety of services: individual counseling, couples and family counseling, and counseling for caregivers. Many people find one or two visits are all they need. Others come in on a more regular basis. Some come to talk when Parkinson's presents a new challenge. We're sensitive to your need to deal with these issues so that you can get on with living your life. Keep in mind that everything you say in a counseling session is kept completely confidential.

Support groups are offered here and in suburban locations. Some focus on specific needs such as young-onset, caregivers and our "Women's Only" group.

How much will counseling cost?

Counseling is a free service provided by the Parkinson's Disease and Movement Disorder Center at the Pennsylvania Hospital, chosen a Center of Excellence by the National Parkinson Foundation through a generous grant from the Parkinson Council.

Who will I talk to at The Counseling service?

Our staff include therapists who have special training in counseling people with chronic illness as well as an intimate knowledge of Parkinson's disease. We can also serve as a resource for a variety of psychological services in your local area.

How do I make an appointment?

Making an appointment is easy — call us at (215) 829-6688 and leave your name, the name of your referring physician and a number where you can be reached.



We will return your call as soon as possible and arrange a day and time to meet that is convenient for you. We do ask that you keep your appointment and if you need to cancel do so within 24 hours as a courtesy to our service. Our goal is to be able to provide counseling to all of our clients when they need us.

where are you located?

The Counseling Service is located across the street from Pennsylvania Hospital at 330 S. 9th Street in Philadelphia, PA.

Valet parking is available and is located at the front entrance on 9th Street.



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