

## FREQUENTLY ASKED QUESTIONS

Where did Dr. Sakowitz and Dr. Glynn go to school?

Dr. Sakowitz did his undergraduate training at Rutgers University in New Jersey. He then received Masters and Doctoral degrees from Kent State University in Ohio. He is licensed by the state of New Jersey to practice psychology.

Dr. Glynn did his undergraduate training at Kean University in New Jersey. He then received Masters and Doctoral degrees from the Arizona School of Professional Psychology, Arizona. He is licensed by the state of New Jersey and New York to practice psychology.

How do Dr. Sakowitz and Dr. Glynn get referrals?

Many of the surgeons/doctors in our area refer patients to Dr. Glynn and Dr. Sakowitz. Patients have gone on to have their surgeries at various area hospitals including Chilton, Valley, Hackensack, St. Barnabas, Englewood and Morristown Memorial Hospitals.

How much does the evaluation cost?

Since Dr. Glynn and Dr. Sakowitz are in network with many insurance companies, your out of pocket expense is usually very low. The maximum out of pocket expense is \$175. Dependent upon your insurance, you may be asked to pay this at the time of service. Remember, this covers all of your costs for the consultation, testing and reporting. Most patients who are asked to pay \$175 get all or a portion of that back once their claim is settled with the insurance company.

Are follow-up counseling and support groups available?

Yes! Individual counseling is available to patients, both pre and post-operatively. Support groups are available only for patients who are post-surgery. Insurance usually pays for these services with patients responsible only for their co-pays and deductibles.

### Four Convenient Office Locations

11 Colburn Court  
Wayne, New Jersey

63 Beaverbrook Road  
Lincoln Park, New Jersey

140 Route 17 North  
Paramus, New Jersey

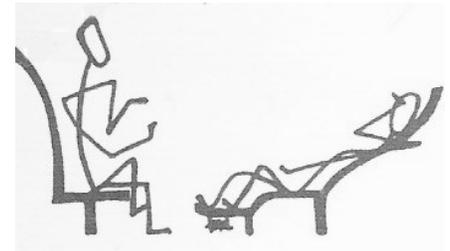
1900 Union Valley Road  
Hewitt, New Jersey

Telephone: 973.696.0800

[www.sakowitzcounseling.com](http://www.sakowitzcounseling.com)

**Sakowitz  
Counseling**

*So, you've been  
referred for a  
psychological  
consultation/  
evaluation....*



Michael L. Sakowitz, Ph.D.  
Clinical Psychologist

James A. R. Glynn, Psy.D.  
Clinical Psychologist

The purpose of this brochure is to formally introduce ourselves and to invite you to our office when your surgeon or insurance company requires an independent psychological evaluation and consultation prior to surgery. We would not make this offer without considerable experience and success in this field. We have evaluated thousands of surgical candidates with the vast majority being approved for surgery.

Many patients have never been to a psychologist or a counselor before and are understandably, but needlessly, apprehensive. Some even feel angry that they are required to “convince one more professional” or “jump through one more hoop”. It is our hope to alleviate some of this initial discomfort.

Our approach to evaluation combines a clinical interview and assessment, with psychometric

screening measures. Therefore, you should expect to meet with one of us personally to discuss your situation and plans and to fill out several questionnaires. The questionnaires measure body dissatisfaction, anxiety, depression, alcohol dependence, and the presence of eating disorders. The entire assessment is usually accomplished within a forty-five minute session. Referring physicians can expect to have our report on their desks within forty eight hours.

During the interview, you should expect to discuss the severity and duration of your symptoms, past attempts to decrease your symptoms, your understanding of the potential complications of surgery and your understanding of any long-term changes that are needed for success. We will ask about your health, current physical

complications, family history, and your concerns about future complications. We will also ask about past alcohol or drug abuse problems which might complicate your prognosis. Finally, we will explore your emotional readiness for the procedure.

It has been our experience that most patients leave the consultation glad that they have had the opportunity to explore their choice, feeling supported and that they have learned something new. We sincerely hope that your experience is positive as well, regardless of whether or not you chose us to do your evaluation.