



## **SELFWORKS LAUNCHES 2<sup>ND</sup> MANHATTAN OFFICE**

Growing Private Therapy Practice Expands with 6-Office Suite in the A&D Building



NEW YORK – October 23, 2017 – (PR Newswire) – SelfWorks, a leading private psychotherapy group practice founded and led by Dr. Amy Vigliotti, announced today its expansion to new offices located in the A&D Building on 150 East 58<sup>th</sup> Street. The new space will house a newly renovated 6-office suite on the 21<sup>st</sup> Floor offering the comfort, privacy and ambience consistent with SelfWorks’ Flatiron practice at 1140 Broadway. SelfWorks will continue treating clients at its Flatiron location and has plans to expand with three new psychologists in Midtown.

SelfWorks was founded in 2014 by Dr. Amy Vigliotti, a psychologist and seasoned meditator. SelfWorks currently employs nine therapists and serves approximately 200 clients. The practice offers evidence-based treatments and a wide range of services including individual therapy, family therapy, couples therapy, child play therapy, group therapy, parenting guidance and meditation training. Each provider offers a unique specialty to the practice, and new clients are consulted about their therapeutic needs to determine the best provider-client fit.

“This expansion validates so much of why I founded SelfWorks – my belief in the authentic therapeutic relationship as a vehicle for positive change; the joy and importance of collaborating with talented professionals; and the immediate need for a comprehensive center where clients can receive top-notch mental health care in the security of a private practice setting,” Dr. Vigliotti commented. “We are delighted to expand our services to more patients in this bustling, accessible part of midtown Manhattan.”

### **About SelfWorks** <https://selfworksgroup.com>

The name “SelfWorks” reflects our belief that every individual is inherently resilient. SelfWorks’ clients and therapists work together to design unique treatment plans that can combine individual therapy and other services. All therapists are credentialed with Blue Cross Blue Shield and CareConnect insurances, and some are affiliated with the United Northwell plan for employees.

### **About Amy Vigliotti, Ph.D.** <https://selfworksgroup.com/nyc/therapy/amy-vigliotti-phd/>

Dr. Vigliotti works with children, adolescents and adults, using psychodynamic, cognitive-behavioral and/or mindfulness strategies. Her expertise encompasses mood, anxiety, life transitions, developmental delays, careers and relationships, with a specialization in post-traumatic stress.

Dr. Vigliotti provides supervision to early career professionals at SelfWorks, and as an adjunct faculty supervisor with Adelphi University. She also travels widely to facilitate mindfulness workshops, using meditation exercises from her CD *Unwind: Guided Relaxation*.

Dr. Vigliotti found her calling as a psychologist at 17, when her poem “I Am” connected her with thousands of young readers and inspired her interest in therapeutic outreach. Published in *Chicken Soup for the Teenage Soul*, “I Am” is part of the educational curriculum at Johns Hopkins University’s Center for Talented Youth.

Before SelfWorks, Dr. Vigliotti co-led a program for traumatized youth at Jacobi Hospital’s Child Advocacy Center, alongside her solo practice. She earned a clinical psychology doctorate from Adelphi University and a post-doctoral certificate in interpersonal therapy from The White Institute.



#### **About Zilla, Ph.Dog, SelfWorks**

In-house “therapy” dog, Zilla, calms clients who may be anxious about starting therapy and helps those who feel difficult emotions at various points in their treatment. There are many well-documented benefits to therapy dogs including lower blood pressure, improved cardiovascular health, lower physical pain, improved mood, diminished feelings of isolation, and positive changes in motivation and interpersonal connectedness.

Zilla is known for her welcoming greetings and is readily available for snuggles, gentle kisses and belly rubs. Naturally talented at sitting, staying, speaking, giving paw and playing fetch, Zilla loves meeting new people and prides herself at being especially gentle with small children. She is a West Highland White Terrier or “Westie,” a hypoallergenic breed safe for people with known allergies. For any clients who may

be uncomfortable with dogs, Zilla is willing to vacation at home where she will eat rawhide, play with her stuffed moose and squeaky pig toys.

#### **About the A&D Building <http://adbuilding.com/visit/>**

The Architects & Designers (A&D) Building is located in the heart of the East Midtown Manhattan luxury/business grid and one block from the East 59th Street and Lexington Avenue subway station complex. This major hub provides subway service to all of Manhattan and the outer boroughs with above ground bus connections on Lexington Avenue.

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