





*"A mind can be mended,
but first you must walk
the path"*

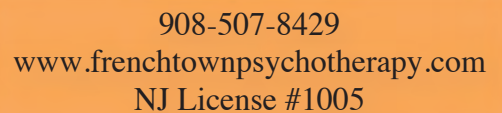
19C-2 Race Street
2nd Floor
Frenchtown, NJ 08825



**Frenchtown
Psychotherapy**



Dr. Richard A. Charwin



908-507-8429
www.frenchtownpsychotherapy.com
NJ License #1005

**“Meeting your needs with attentive,
pragmatic care.”**

Dr. Charwin with over 20 years of experience adds a unique therapeutic orientation to the Frenchtown Community. As a Licensed Professional Counselor and Psychotherapist, his pragmatic approaches have been extremely beneficial to the adults, couples, adolescents, and families he treats. In addition to private practice, Dr. Charwin has extensive experience working in school based settings as well as supervising other counselors.



“Your path to wellness starts here.”

Dr. Charwin has been recognized by the American Psychotherapy Association as a Board Certified Professional Counselor. He has received comprehensive post-doctoral training in Rational Emotive Behavior Therapy, and Mindfulness Based Cognitive Therapy. The warm and welcoming setting of the office helps to provide an ideal place for effective short term therapy.

Dr. Charwin is Nationally Certified by the Dialectical Therapy National Certification and Accreditation Association. DBTNCAA promotes the evidence-based practice of DBT.

Frenchtown Psychotherapy offers support for a variety of mental health needs including:

- Depression
- Anxiety
- Obsessive-Compulsive Disorder
- Anger Management
- Couples/Relationship Difficulties
- Stress Management
- ADHD

**“You will receive personal care to help
navigate your path to a more balanced life.”**

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