History

The ICC has served the New York City metropolitan area since 1993, and has remained committed to offering affordable, high-quality mental health treatment to individuals and couples. The ICC has been recognized by the American Psychoanalytic Association (APsaA) as one of the finest community mental health centers in the United States.

The ICC is a component of the Institute for Psychoanalytic Training and Research. IPTAR has an absolute charter from the Board of Regents of the New York State Department of Education and is a member of the International Psychoanalytical Association (IPA).

For more information about IPTAR and the ICC, find us online at: www.iptar.org

Intake Line
(212) 410-0821

The ICC provides affordable, high-quality psychotherapy and psychoanalysis for adults, adolescents, and children.

(212) 410-0821
www.iptar.org/icc
Therapists

ICC therapists are a diverse and highly skilled group with varied experience and areas of expertise. Many hold supervisory or teaching positions at local agencies, universities, and hospitals. In addition to graduate level training, all therapists have completed or are completing post-graduate training at the Institute for Psychoanalytic Training and Research (IPTAR). Treatment is available in several languages.

Our therapists are committed to continuity of care and work with patients for as long and as often as is clinically appropriate.

Getting Started

For more information or to make an appointment, call our access line: (212) 410-0821. All calls are returned within 24 hours. The next step is an intake session. Following the intake, individual needs are carefully considered in matching each patient with an ICC therapist.

Locations

Sessions are held in private offices throughout New York City and at our two clinical centers:

IPTAR East  
1651 Third Avenue  
New York, NY 10128

IPTAR West  
140 West 97th Street  
New York, NY 10025

How Do We Work?

In psychoanalytic psychotherapy and psychoanalysis, patients work toward resolving their struggles and improving their relationships and work lives. By exploring underlying conflicts and ways of relating that are at the root of their problems, patients gain insight and change becomes possible.

The therapist is an involved partner, helping to foster a safe, supportive environment and enabling authentic, open self-exploration. The relationship that forms between patient and therapist is used as a means of understanding habitual ways of behaving and relating. Over time, patients learn to cope with difficult feelings and develop new ways of thinking.

The frequency of sessions is decided upon jointly by patient and therapist. Some patients begin treatment at once or twice a week, and others work more intensively at three or four times a week. Once treatment is started, patients discuss their needs and circumstances with their therapist and determine which frequency works best.

Fees

The ICC offers reduced fees for those with limited means. All fees are based on a sliding scale determined by income and ability to pay.

Psychological Testing & Psychiatric Evaluation

Testing and evaluation are available through ICC-affiliated psychologists and psychiatrists at a reduced rate.

ICC School Program

The ICC works with children, parents, and teachers on-site at several New York City Public Schools.