

## ABOUT THE NEUROCOGNITIVE & BEHAVIORAL INSTITUTE

Established in 1998, The NeuroCognitive and Behavioral Institute is committed to its scientist-practitioner model. We are actively involved in neuroscience research integrating the latest scientific developments into clinical practice. Over the past three decades, NCBI has become one of the premiere centers in the nation offering clinical services on our virtual interactive clinical platform allowing us to provide assessment and treatment services via telehealth. We are among the country's leader in the accurate diagnosis and treatment of cognitive and related neurobehavioral and neuropsychiatric disorders. Our team consists of clinical neuropsychologists and cognitive neuroscientists, behavioral neurologists, clinical psychologists, psychiatric mental health nurse practitioners and physician assistants, cognitive and speech and language therapists as well as behaviorists (BCBAs), psychotherapists, neuromodulation and neurodiagnostic technicians.

We are licensed and credentialed in multiple states. For in-clinic procedures such as brain mapping and neuromodulation we have clinics in New Jersey and North Carolina.

We are in-network providers with most healthcare insurance including Medicaid, Medicare and commercial insurances.

Visit <https://neuroci.com/in-network-providers> to view the healthcare plans and states that we participate as in-network providers.

For additional information on these and other recently developed diagnostic tests and treatment interventions, please call The NeuroCognitive & Behavioral Institute and schedule a consultation.

### CONTACT US

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## THE NEUROCOGNITIVE & BEHAVIORAL INSTITUTE

Integrating Science with Practice

ADHD | Autism | Brain Injury | Cognitive Impairment | Mood and Behavioral Disorders

## Psychiatric Assessments and Mental Health Treatments

*Results from psychological testing, brain imaging and  
pharmacogenetics guide treatment decisions.*

*Dr. Gerald Tramontano*

## MENTAL HEALTH AND PSYCHIATRIC SERVICES

### PSYCHIATRIC ASSESSMENT



The goal of differential psychiatric exams and clinical psychological testing is to

- Make the correct diagnosis
- Identify the cause of each patient's psychiatric symptoms and disorders
- Improve treatment outcome

### NEUROIMAGING

Additionally, at NCBI we use electrical neuroimaging and fMRI to assess if a patient is a candidate for pharmacological interventions with stimulants or anti-depressants. Brain mapping is also used to identify the correct treatment targets and how to best modulate these cortical circuits

### BIOLOGICAL TESTING

Assessing levels of neurotransmitters are typically included in our psychiatric assessment as well as neuroendocrine, micronutrient, and pharmacogenomic laboratory testing.

### PHARMACOGENETICS

Pharmacogenetic testing can determine how each patient's genes break down and metabolize psychotropic medications allowing the prescribing clinician to avoid medications that are likely to cause side-effects and to determine when higher dosages of a medication will be required to obtain a therapeutic effect.

### DOSE OPTIMIZATION AND EFFICACY TESTING

Once the correct medication is identified, such as a specific stimulant, we routinely use dose optimization and dose efficacy testing to find the optimal stimulant dose and to assess efficacy of other psychotropic medications.

## MENTAL HEALTH TREATMENTS

### PSYCHOTHERAPY

Psychotherapy is a core mental health treatment offered at NCBI. There are hundreds of different types of psychological therapies, but in general they can be broken down into two major categories: cognitive behavioral and the psychodynamic based therapies.

Although there is a significant amount of overlap, Cognitive Behavioral Therapy (CBT) tends to focus on identifying and changing cognitions and behaviors that are thought to be causing or contributing to a patient's psychiatric disorder.

Psychodynamic therapies tend to focus more on bringing into the patient's awareness unconscious defense or coping mechanisms that are contributing to the patient's distress instead of protecting the patient.

We also offer, group, couples and family psychotherapy.

### NEUROMODULATION

At NCBI, we also use non-invasive neuromodulation treatment applications such as transcranial direct/alternating current stimulation (tDCS/tACS) and rTMS to treat various neuropsychiatric disorders. For instance, in some patients with impulse control disorders, regulatory regions of the cortex are modulated to improve impulse control. Some of these interventions are available only through research and others have been FDA approved to treat certain disorders such as major depression, OCD, anxiety, pain and addiction.

### PSYCHOPHARMACOLOGY

Our psychopharmacology clinicians at NCBI specialize in the use of psychotropic medications to treatment mood symptoms, psychosis and behavioral disorders.

### OTHER MEDICAL DEVICES

This program provides comprehensive rehabilitation services including cognitive and vocational interventions, in addition to patient and family psychoeducation and mental health therapies to improve medication compliance, attenuate cognitive deficits and improve employment outcomes in patients with schizophrenia.

