

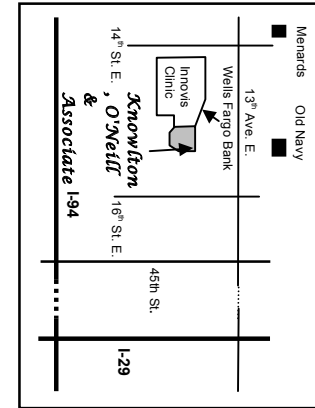
# CLINICAL PSYCHOLOGY AND PSYCHIATRY SERVICES



*Knowlton*

*O'Neill & Associates, P.C.*  
*Clinical Psychology/Psychiatry*

1401 13th Avenue East, West Fargo, ND 58078



## Frequently Asked Questions

### Do I need to speak with my primary care physician or get a referral before making an appointment?

No. Although it is a good idea to inform your primary care physician that you are considering therapy, it is not required. If your insurance plan is a network product and Knowlton, O'Neill & Associates is not part of your network, you may need an out-of-network referral to obtain maximum coverage from your insurance plan. You can call your insurance carrier for more information. Call our office staff if you have any questions.

### My child is in therapy. How will I, as a parent, be involved?

You can expect to be actively involved in your child's therapy in a number of ways, including:

- Providing information necessary to understand the nature of the difficulties your child is having.
- Working as a team member with your child's therapist to develop a treatment plan.
- Carrying out interventions at home and in the community to help your child.

Research indicates that children and adolescents benefit more from therapy when their parents are involved.

### Does therapy work?

By helping you clearly define your problems and teaching you to look more objectively at the behaviors, feelings and thoughts related to your problems, you can learn more effective ways of dealing with your difficulties. There is no guarantee that therapy will help you, but a study by Consumer Reports found that 9 out of 10 people surveyed said that psychotherapy had helped them.

### Is my therapy kept confidential?

Yes. Confidentiality is protected by law and also by a professional code of ethics. There are certain limits to confidentiality, such as suspected child abuse or imminent risk of suicide or homicide. These limits will be explained to you in writing when you come for your initial appointment. Except for the legal limits of confidentiality, we will not release any information unless requested to do so by you in writing.

### Where can I go to find more information on therapy?

The American Psychological Association has a good web page that contains useful information on therapy and on finding a therapist. The address is <http://helping.apa.org>

Knowlton, O'Neill & Associates, P.C. is an independent mental health clinic providing services to adults, adolescents, children, and families. We offer comprehensive services with an emphasis on depression and other mood disorders, stress-related concerns, disaster and trauma-related problems and forensic evaluations. Our child/adolescent services include evaluation and treatment of anxiety, depression, ADHD, school problems and behavioral problems. Services provided include diagnostic assessments, individual therapy, group therapy, and psychological testing.

Knowlton, O'Neill & Associates, P.C. is participating with BCBSND and BCBSMN and other third-party payers. We are on the panels of most insurance networks. We also accept Medicare as well as North Dakota and Minnesota medical assistance.

**1401 13th Avenue East  
West Fargo, ND 58078**

**Call for an appointment: 701-364-0060**

**Fax: 701-364-0065**

**[koa@koamentalhealth.com](mailto:koa@koamentalhealth.com)**

**ON THE WEB AT:**

**[koamentalhealth.com](http://koamentalhealth.com)**

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## Our Mission

Our mission is to provide the highest quality mental health services in a relaxed, respectful atmosphere. Confidentiality and the provision of expert care is of utmost concern.

## Assessment and Treatment

### Adult

Depression and other Mood Disorders  
Anxiety Disorders

- Stress Management
- Panic
- Agoraphobia
- Obsessive Compulsive Disorder
- Generalized Anxiety
- Social Anxiety
- Post-Traumatic Stress
- Phobias

ADHD/ADD

### Child and Adolescent

ADHD/ADD

Anxiety disorders  
Behavioral problems  
Depression  
Stress disorders  
Learning disorders  
Parenting issues  
Stress-related concerns

### Services available

Assessment  
Individual therapy  
Cognitive Behavior Therapy  
Behavior Therapy  
Psychological Testing  
Forensic Evaluation  
Play Therapy

### Speciality clinics

Stress and Anxiety Clinic  
ADHD/ADD Clinic

## Our Personnel

### Glenn E. Knowlton, Ph.D.



of Mississippi Medical Center.

Dr. Knowlton is a clinical psychologist with 21 years of experience. He has a special interest in depression, anxiety disorders – including obsessive compulsive disorder, panic disorder, agoraphobia, simple and social phobia, and post-traumatic stress – and health psychology. His doctoral training was completed at West Virginia University and the University

### George W. O'Neill, Ph.D.



Dr. O'Neill is a clinical psychologist with special interest in anxiety disorders. He has 35 years of experience. He obtained his doctorate from Georgia State University and completed a post-doctoral training program at Temple University in Philadelphia, an internationally recognized center for research and treatment of anxiety disorders.

### Kit O'Neill, Ph.D.



and also trained at the Medical University of South Carolina.

Dr. O'Neill, a clinical psychologist, provides cognitive-behavior therapy services to adults. She provides treatment for depression, anxiety, adjustment difficulties, and behavioral health problems. She has particular interest in the psychological impact of disaster and trauma. Dr. O'Neill has 15 years of experience. She earned her doctorate at the University of North Dakota

### Paul A. Davis, Ph.D.



via behavioral management. Dr. Davis earned his doctorate at the University of North Dakota. He received further clinical training through the U.S. Army Clinical Psychology Residency Training Program at Tripler Army Medical Center in Honolulu and at the U.S. Army School of Aviation Medicine at Fort Rucker, Alabama. Dr. Davis is listed in the National Register of Health Service Providers in Psychology.

Dr. Davis is a clinical psychologist who provides cognitive behavioral intervention to individuals affected by a wide range of behavioral health concerns including depression, anxiety, stress, and adjustment difficulties. He also has clinical interests in coping with and improving chronic health conditions such as chronic pain, hypertension, diabetes, and cancer

### Holly J. Hegstad, Ph.D.



Hegstad received her doctorate through the University of North Dakota. She worked in community mental health for seven years. She is an Adjunct Instructor in the Department of Psychology at North Dakota State University and an Assistant Professor of Clinical Neuroscience at the University of North Dakota School of Medicine and Health Sciences.

Dr. Hegstad is a clinical psychologist providing cognitive behavioral interventions. She provides treatment for anxiety disorders including obsessive compulsive disorder, panic disorder, agoraphobia, simple and social phobia, and post-traumatic stress. She also maintains an interest in treatment of affective (mood) disorders and of impulse control disorders. Dr.

### Angela M. Cavett, Ph.D.



Cavett received her doctorate from the University of North Dakota and a child clinical psychology internship at Astor Home for Children in Rhinebeck, New York.

Dr. Cavett is a child and adolescent psychologist who provides assessment, diagnosis and treatment of child and adolescent mental/behavioral health issues. She has a particular interest in mood disorders (e.g., depression), anxiety, abuse/trauma, attachment, behavioral problems, and pervasive developmental disorders. Dr. Cavett is a Registered Play Therapist. Dr.

### Jennifer M. Garaas, Ph.D.



doctorate through the University of North Dakota and also trained at Spokane Mental Health in Spokane, Washington.

Dr. Garaas is a clinical psychologist who provides cognitive behavioral interventions to children, adolescents, and young adults. She provides treatment for mood disorders (e.g., depression), anxiety disorders, ADHD, behavioral problems, social skill deficits, and adjustment disorders. She also provides intellectual and achievement assessments. Dr. Garaas received her

### Brenda L. Bratton, Ph.D.



Dr. Bratton received her doctorate through Western Michigan University and completed her clinical psychology internship (APA approved) at Pine Rest Christian Mental Health Services in Grand Rapids, Michigan.

Dr. Bratton is a clinical psychologist who provides cognitive-behavioral interventions to adults and adolescents. She provides therapy for anxiety disorders, depression, adjustment disorders, and behavioral problems. She has a special clinical interest in anxiety disorders, interpersonal trauma, integrative therapy (combining one's faith in therapy), and mindfulness- and

### Terry N. Block, MD



Dr. Block is a board-certified psychiatrist with 20 years of experience. He completed his postgraduate training at the University of California San Francisco/Fresno Medical Education Program. He provides adult psychiatric services with a special interest in mood and anxiety disorders.

acceptance-based interventions. Dr. Bratton received her doctorate through Western Michigan University and completed her clinical psychology internship (APA approved) at Pine Rest Christian Mental Health Services in Grand Rapids, Michigan.