



NEWS RELEASE

To «Outlet»:

Please find the press release below or get the PDF version online (http://www.intraspectus.com/press/releases/Intraspectus_Release_02172005.pdf).

Please let me know if you have any questions.

Sincerely, Jeffrey Kerekes

Intraspectus News Release

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For Release: Immediately

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THERAPIST 'TO GO': PODCASTING COMES TO PSYCHOTHERAPY

NEW HAVEN, Conn. - New Haven psychotherapist Jeffrey Kerekes, MSSW, LCSW, goes live (<http://www.intraspectus.com/learn/audio>) with podcast on topics of mental health and wellness. Podcasting is a developing trend of audio broadcasts over the internet which can be downloaded to MP3 players and listened to on the go.

"People are busy," says, Kerekes, a psychotherapist in private practice, "Sometimes people can't make it to a therapist's office. It is important to communicate helpful information to people in a manner they can actually listen to: on their own time, in their own way." "Great radio programs are usually only available during the day, when people are working," he adds. Kerekes' Psychotherapy Podcast, which is the first known podcast by a psychotherapist on topics of mental health and wellness, can be listen to at night, on the train or while driving to work. "We are trained to assess and meet the needs of our clients. Most people are on the go until late in the evening. We offer phone therapy and now podcasting to reach out to our clients in more accessible ways" Kerekes reports.

Jeffrey Kerekes of Intraspectus, specializes in depression, anxiety and phase of life issues in both adults and couples. He sees clients in his office as well as makes "house calls." To find more information about Intraspectus, visit <http://www.intraspectus.com> or call 203-676-0880.

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Background Resources

1. Intraspectus Podcast :: <http://intraspectus.com/learn/audio/>
2. USA Today Story On Podcasting :: http://www.usatoday.com/life/lifestyle/2005-02-08-podcasting_x.htm
3. Gallery of Podcasts :: <http://www.podcastalley.com/index.php>
4. Google News Results On Podcasting :: <http://news.google.com/news?hl=en&ned=us&q=podcasting&btnG=Search+News>