YOU CAN DO IT, PLLC
PSYCHOTHERAPY

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Clinical Director & Founder

Bariatric Psychological Evaluations for Surgical Programs & Referring Physicians

You Can Do It, PLLC provides structured bariatric psychological evaluations with fast turnaround, program-ready documentation, and direct familiarity with the requirements of major New York City bariatric programs. We are here to support your patients and your surgical timeline, not slow it down.

Why refer to YCDI

- Reports completed in 2-3 business days
- 24-hour rush option for urgent timelines
- Familiar with NYC bariatric program documentation requirements
- Documentation sent directly to referring surgeon or program
- In-person in Midtown Manhattan & NoMad
- Virtual evaluations available in New York State
- Evaluations for adults and adolescents ages 16+
- Bilingual: Spanish-speaking clinicians available
- Accepts Cigna; self-pay options available

What the evaluation includes

- Structured clinical interview
- Mental health and behavioral history
- Assessment of surgical readiness & support systems
- Relationship with food and eating behaviors
- Coping strategies and stress management
- Understanding of surgery and recovery process
- Diagnostic impressions when appropriate
- Clinical recommendations and next steps

2–3
business days
report turnaround

24hr
rush option
available

How to refer a patient

Referrals can be made by phone, email, or through our secure scheduling portal. Please include the patient's name, contact information, surgical program or surgeon's name, and any specific documentation requirements. We will reach out to the patient directly to schedule and will coordinate report delivery with your office.

Phone (551) 241-9437 Email berenice@youcandoitnyc.com Schedule

Midtown Manhattan — 18 E 41st Street, 14th Floor, New York, NY 10017
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