



















































































# GOOD SOUL PSYCHOTHERAPY, LCSW, PLLC

GOOD SOUL PSYCHOTHERAPY, LCSW, PLLC  
197 Sylvester St  
Westbury, NY 11590

Email: [goodsoultherapy@gmail.com](mailto:goodsoultherapy@gmail.com)

Website: [www.goodsoultherapy.com](http://www.goodsoultherapy.com)

Intake Number: (774) 481-1590

## Access to Clinical Services:

- Offering in-person counseling: **No**
- Offers telehealth counseling: **Yes**
- Offering clinical supports after office hours: **No**

## Clinic Locations:

- Westbury, NY
- Virtual

## Payment options offered:

- Self-Pay: **Yes**
- Sliding scale: **Yes**
- Pro bono/Scholarships: **No**
- Insurances accepted: **Yes**

## Insurances Accepted:

- Aetna
- Blue Cross
- Blue Shield
- Cigna
- Optum
- Oscar Health
- Oxford
- UnitedHealthcare UHC/UBH

## Meet KATHY DOR, Licensed Clinical Social Worker

Kathy Dor's faith affects the Clinician's view and practice in counseling as reflected by the statement:

*"Religion and spirituality are both important in my practice. It helps to understand the meaning of life and, in some cases, how a relationship with a higher power may influence your relationship with others."*

Kathy Dor is **very comfortable** working with a client whose faith is important to them. The Clinician's intake process **includes** questions regarding potential client's faith, religion, or spirituality. The Clinician identifies as a **Christian** and is **active** in their faith tradition and is **comfortable** sharing their own spiritual beliefs in sessions to assist in the therapeutic process as appropriate. The Clinician's is open to incorporating holistic practices in therapy sessions with client's consent or request including **mindfulness**.

**Credentials:**

- Social Worker: LCSW-R

**Language(s) spoken by clinician:**

- Creole

**Areas of expertise:**

- ADHD
- Anxiety
- Bipolar Disorder
- Couples
- Depression
- Marriage

**Treatment modalities or clinical approaches:**

- Cognitive Behavioral (CBT)
- Humanistic
- Mindfulness-Based (MBCT)
- Person Centered



- English
- Relationship Issues
- Self-Esteem
- Spirituality
- Stress
- Trauma & PTSD
- Women's Issues
- Psychoanalytic
- Psychodynamic
- Solution Focus Brief Therapy
- Trauma Focused

# GROSSMAN, PATRICIA, LCSW

PATRICIA GROSSMAN  
125 Lake Street  
White Plains, NY 10604



Email: [pgrossman48@gmail.com](mailto:pgrossman48@gmail.com)  
Website: N/A  
Intake Number: (914) 671-1908

## Access to Clinical Services:

- Offering in-person counseling: **Yes**
- Offers telehealth counseling: **Yes**
- Offering clinical supports after office hours: **Yes**

## Clinic Locations:

- White Plains, NY
- Virtual

## Payment options offered:

- Self-Pay: **Yes**
- Sliding scale: **Yes**
- Pro bono/Scholarships: **Yes**
- Insurances accepted: **Yes**

## Insurances Accepted:

- Fidelis
- Medicaid
- Medicare

## Meet PATRICIA GROSSMAN, Licensed Clinical Social Worker

Patricia Grossman's faith affects the Clinician's view and practice in counseling as reflected by the statement:

*"My faith is at the center of my being. It gives me a sense of what is right and just and affirms the value of every client I work with. Faith can be used as grounding and a constant that we can rely on."*

Patricia Grossman is **very comfortable** working with a client whose faith is important to them. The Clinician's intake process **includes** questions regarding potential client's faith, religion, or spirituality. The Clinician identifies as **Jewish** and is **very active** in their faith tradition and is **very comfortable** sharing their own spiritual beliefs in sessions to assist in the therapeutic process as appropriate. The Clinician's is open to incorporating holistic practices in therapy sessions with client's consent or request including **mindfulness, prayer, and scripture**.

**Credentials:**

- Social Worker: LCSW

**Language(s) spoken by clinician:**

- English

**Areas of expertise:**

- Adoption
- Anxiety
- Autism
- Bipolar Disorder
- Couples
- Depression
- Divorce
- Family
- Grief
- Infertility
- Intellectual Disability

**Treatment modalities or clinical approaches:**

- Art Therapy
- Acceptance & Commitment
- Cognitive Behavioral (CBT)
- Couples/Marital
- Humanistic
- Integrative

- Certified Mediator



- Learning Disability
- Life Coach
- Marriage
- Parenting
- Pregnancy
- Postpartum
- Relationship Issues
- Self-Esteem
- Spirituality
- Stress
- Suicidal Ideation

- Motivational interviewing
- Parent Child Interaction
- Person Centered
- Psychodynamic
- Solution Focus Brief Therapy

# HARPER, FELICIA, LMHC

FELICIA HARPER, LMHC  
117 Dobbin St  
Brooklyn, NY 11222



Email: [Feliciaharperlmhc@gmail.com](mailto:Feliciaharperlmhc@gmail.com)

Website: N/A

Intake Number: (631) 417-3454

## Access to Clinical Services:

- Offering in-person counseling: **No**
- Offers telehealth counseling: **Yes**
- Offering clinical supports after office hours: **No**

## Clinic Locations:

- Brooklyn, NY
- Virtual

## Payment options offered:

- Self-Pay: **Yes**
- Sliding scale: **Yes**
- Pro bono/Scholarships: **No**
- Insurances accepted: **Any out of network aspect of any plan**

## Meet FELICIA HARPER, Licensed Mental Health Counselor

Felicia Harper's faith affects the Clinician's view and practice in counseling as reflected by the statement:

*"My faith has only enhanced my engagement in working with patients as it allows me to support and engage with the highest integrity and patience throughout their personal transformation."*

Felicia Harper is **very comfortable** working with a client whose faith is important to them. The Clinician's intake process **includes** questions regarding potential client's faith, religion, or spirituality. The Clinician identifies as a **Non-Denominational Christian** who is **slightly active** in their faith tradition and is **slightly comfortable** sharing their own spiritual beliefs in sessions to assist in the therapeutic process as appropriate. The Clinician is open to incorporating holistic practices in therapy sessions with client's consent or request including **mindfulness depending on the client's practice of faith**.

## Credentials:

- Mental Health Counselor (LMHC)
- 

## Language(s) spoken by clinician:

- English

**Areas of expertise:**

- Adolescent
- Anger Management
- Anxiety
- Behavioral Issues
- Children
- Codependency
- Couples
- Family

- Racial Identity
- Relationship Issues
- Self-Harming
- Stress
- Transgender
- Trauma & PTSD
- Women's Issues



**Treatment modalities or clinical approaches:**

- Cognitive Behavioral (CBT)
- Cognitive Processing (CPT)
- Couples/Marital
- Dialectical Behavioral Therapy (DBT)
- Mindfulness-Based (MBCT)
- Motivational Interviewing
- Psychodynamic
- Trauma Focused

# HEALING ON US, LLC

HEALING ON US, LLC  
310 Parkside Rd  
Plainfield, NJ 07060



Email: [azizah@healingonus.com](mailto:azizah@healingonus.com)  
Website: [www.healingonus.com/](http://www.healingonus.com/)  
Intake Number: (929) 324-0359

## Access to Clinical Services:

- Offering in-person counseling: **No**
- Offers telehealth counseling: **Yes**
- Offering clinical supports after office hours: **No**

## Clinic Locations:

- Brooklyn, NY
- Plainville, NJ
- Florida
- Virtual

## Payment options offered:

- Self-Pay: **Yes**
- Sliding scale: **No**
- Pro bono/Scholarships: **No**
- Insurances accepted: **Yes**

## Insurances Accepted:

- Aetna
- Cigna
- Optum
- Oscar Health
- Oxford
- UMR
- UnitedHealthcare UHC/UBH

## **Meet AZIZAH MCENTIRE**, Licensed Mental Health Counselor

**Azizah McEntire's faith affects the Clinician's view and practice in counseling as reflected by the statement:**

*"My faith affect my view of my practice because I believe that anything is possible. I work with people from all walks of life and some come to see me as their last hope. While they might not believe change is possible, I believe it and that is necessary to do the work."*

Azizah McEntire is **very comfortable** working with a client whose faith is important to them. The Clinician's intake process **does not include** questions regarding potential client's faith, religion, or spirituality. The Clinician's identifies a **Christian** who is **very active** in their faith tradition and is **very comfortable** sharing their own spiritual beliefs in sessions to assist in the therapeutic process as appropriate. The Clinician is open to incorporating holistic practices in therapy sessions with client's consent or request including **mindfulness and honoring the client's belief system and utilizing that to support the therapeutic process.**

**Credentials:**

- Mental Health Counselor: LMHC

**Language(s) spoken by clinician:**

- English

**Areas of expertise:**

- Anxiety
- Divorce
- Domestic Violence
- Self-Esteem
- Stress
- Trauma & PTSD

**Treatment modalities or clinical approaches:**

- Cognitive Behavioral (CBT)
- Dialectical Behavioral Therapy (DBT)
- Exposure Therapies
- Mindfulness-Based (MBCT)
- Trauma Focused



# HOLDING HANDS COUNSELING



HOLDING HANDS COUNSELING  
545 Saw Mill River Road, Suite 3A  
Ardsley, NY 10502

Email: [damaripedroza@holdinghandscounseling.com](mailto:damaripedroza@holdinghandscounseling.com)

Website: [www.holdinghandscounseling.com](http://www.holdinghandscounseling.com)

Intake Number: (347) 625-8609

## Access to Clinical Services:

- Offering in-person counseling: **Yes**
- Offers telehealth counseling: **Yes**
- Offering clinical supports after office hours: **No**

## Clinic Locations:

- Ardsley, NY
- Virtual

## Payment options offered:

- Self-Pay: **Yes**
- Sliding scale: **Yes**
- Pro bono/Scholarships: **Yes**
- Insurances accepted: **Yes**

## Insurances Accepted:

- Aetna
- Beacon
- Blue Cross
- Blue Shield
- Cigna
- GHI
- 1199
- MVP Health Care
- MagnaCare
- Optum
- Oscar Health
- Oxford
- UnitedHealthcare UHC/UBH

**Meet DAMARI PEDROZA**, Owner, Licensed Mental Health Counselor  
Damari Pedroza's faith affects the Clinician's view and practice in counseling as reflected by the statement:

*"Although I have my belief in Christianity, I come into sessions non-biased & non-judgmental regardless of their faith."*

Damari Pedroza is **comfortable** working with a client whose faith is important to them. The Clinician's intake process **includes** questions regarding potential client's faith, religion, or spirituality. The Clinician identifies as a **Christian** who is **very active** in their faith tradition and is **comfortable** sharing their own spiritual beliefs in sessions to assist in the therapeutic process as

appropriate. The Clinician is open to incorporating holistic practices in therapy sessions with client's consent or request including **prayer and bibliotherapy including faith, religious, or spiritual books/literature.**



**Credentials:**

- Mental Health Counselor: LMHC

**Language(s) spoken by clinician:**

- English
- Spanish

**Areas of expertise:**

- ADHD
- Adolescent
- Anxiety
- Behavioral Issues
- Children
- Couples
- Depression
- Family
- Parenting
- Relationship Issues
- Self-Esteem
- Sexual Abuse
- Stress
- Trauma & PTSD

**Treatment modalities or clinical approaches:**

- Christian Counseling
- Cognitive Behavioral (CBT)
- Couples/Marital
- Family
- Person Centered
- Play Therapy
- Psychodynamic

# HOPE COUNSELING SOLUTIONS

HOPE COUNSELING SOLUTIONS  
Currently Only Offers Telehealth



Email: [Hopecounselingsolutions@gmail.com](mailto:Hopecounselingsolutions@gmail.com)

Website: N/A

Intake Number: (347) 559-0712

## Access to Clinical Services:

- Offering in-person counseling: **No**
- Offers telehealth counseling: **Yes**
- Offering clinical supports after office hours: **No**

## Clinic Locations:

- Ardsley, NY
- Virtual

## Payment options offered:

- Self-Pay: **Yes**
- Sliding scale: **Yes**
- Pro bono/Scholarships: **No**
- Insurances accepted: **Yes**

## Insurances Accepted:

- Aetna
- Optum
- Oxford
- UMR
- UnitedHealthcare UHC/UBH
- 119

## Meet FEONA GARRICK, CEO, Licensed Clinical Social Worker

Feona Garrick's faith affects the Clinician's view and practice in counseling as reflected by the statement:

*"My faith provides spiritual insight in the assessment process and further serves as a guide throughout treatment."*

Feona Garrick is **very comfortable** working with a client whose faith is important to them. The Clinician's intake process **includes** questions regarding potential client's faith, religion, or spirituality. The Clinician identifies as a **Pentecostal** who is **very active** in their faith tradition and is **comfortable** sharing their own spiritual beliefs in sessions to assist in the therapeutic process as appropriate. The Clinician is open to incorporating holistic practices in therapy sessions with client's consent or request including **mindfulness, prayer, scripture, and bibliotherapy including faith, religious, or spiritual books/literature.**

## Credentials:

- Social Worker: LCSW

**Language(s) spoken by clinician:**

- English

**Areas of expertise:**

- Anxiety
- Depression
- Grief
- Life Coach
- Self-Esteem

**Treatment modalities or clinical approaches:**

- Acceptance & Commitment
- Christian Counseling
- Cognitive Behavioral (CBT)
- Interventions
- Mindfulness-Based



- Spirituality
- Stress
- Trauma & PTSD
- Women's Issues

- Person Centered
- Reality Therapy
- Solution Focus Brief Therapy
- Trauma Focused

# HUDSON VALLEY FRIENDS OF MENTAL HEALTH



HUDSON VALLEY FRIENDS OF MENTAL HEALTH  
C/O Cora Weis, Treasurer  
P.O Box 1445  
Ossining, NY 10566

Email: [george3000@optonline.net](mailto:george3000@optonline.net)

Website: N/A

Intake Number: (914) 671-7000

## Access to Clinical Services:

- Offering in-person counseling: **No**
- Offers telehealth counseling: **Yes**
- Offering clinical supports after office hours: **No**

## Clinic Locations:

- Peekskill, NY

## Payment options offered:

- Self-Pay: **No**
- Sliding scale: **No**
- Pro bono/Scholarships: **Yes**
- Insurances accepted: **No**
- Clinician has no fee schedule. Tax deductible donations accepted to support work

## Meet REVEREND GEORGE CONIGLIO, Minister

Rev. George Coniglio's faith affects the Clinician's view and practice in counseling as reflected by the statement:

*"I believe in the common worth and dignity of all people."*

Rev. George Coniglio is **very comfortable** working with a client whose faith is important to them. The Clinician's intake process **does not include** questions regarding potential client's faith, religion, or spirituality. The Clinician identifies as **valuing the common beliefs of mainstream religions and faiths** and is **very active** in their faith tradition and is **very comfortable** sharing their own spiritual beliefs in sessions to assist in the therapeutic process as appropriate. The Clinician is open to incorporating holistic practices in therapy sessions with client's consent or request including **mindfulness** and **prayer**.

**Credentials:**

- Clergy
- Chaplin
- Graduate Degree Recreation Therapy

- Certification in Interfaith Understanding



**Language(s) spoken by clinician:**

- English

**Areas of expertise:**

- Spirituality

**Treatment modalities or clinical approaches:**

- Group Facilitator
- Person Centered
- Play Therapy
- Recreational Therapy

# IN MOTION MENTAL HEALTH COUNSELING



**SONYA GAFFNEY**  
20 Burling Ln, #41  
New Rochelle, NY 10801

Email: [sonya@inmotionmentalhealth.com](mailto:sonya@inmotionmentalhealth.com)

Website: N/A

Intake Number: (914) 563-3349

## Access to Clinical Services:

- Offering in-person counseling: **Yes**
- Offers telehealth counseling: **Yes**
- Offering clinical supports after office hours: **Yes**

## Clinic Locations:

- New Rochelle, NY
- Hastings-on-Hudson, NY
- Virtual

## Payment options offered:

- Self-Pay: **Yes**
- Sliding scale: **Yes**
- Pro bono/Scholarships: **No**
- Insurances accepted: **No**

## **Meet SONYA GAFFNEY**, Owner, LMHC, Pastoral Counselor, Life Coach

**Sonya Gaffney's faith affects the Clinician's view and practice in counseling as reflected by the statement:**

*"As humans, our faith and beliefs are inherently included in the counseling space. That said, the counseling space belongs to our clients and we are invited as caretakers of their human experiences and spiritual beliefs. I practice a stance of inviting all of the client (physical, mental and spiritual) into a treatment of healing and affirmation."*

Sonya Gaffney is **very comfortable** working with a client whose faith is important to them. The Clinician's intake process **does not include** questions regarding potential client's faith, religion, or spirituality. The Clinician identifies as a **Christian** who is **very active** in their faith tradition and is **very comfortable** sharing their own spiritual beliefs in sessions to assist in the therapeutic process as appropriate. The Clinician is open to incorporating holistic practices in therapy sessions with client's consent or request including **mindfulness, prayer, scripture, and bibliotherapy including faith, religious, or spiritual books/literature.**

**Credentials:**

- Life Coach
- Mental Health Counselor: LMHC

- Pastoral Counselor



**Language(s) spoken by clinician:**

- English

**Areas of expertise:**

- Adolescent
- Anxiety
- Behavioral Issues
- Borderline Personality
- Codependency
- Couples
- Depression
- Dual Diagnosis
- Family
- Narcissistic Personality
- Parenting
- Relationship Issues
- Self-Esteem
- Self-Harming
- Spirituality
- Stress

**Treatment modalities or clinical approaches:**

- Adlerian
- Art Therapy
- Acceptance & Commitment
- Christian Counseling
- Cognitive Behavioral (CBT)
- Cognitive Processing (CPT)
- Couples/Marital
- Dialectical Behavioral Therapy (DBT)
- Exposure Therapies
- Existential
- Family
- Feminist
- Gestalt
- Humanistic
- Integrative
- Interventions
- Jungian
- Mindfulness-Based (MBCT)
- Motivational interviewing
- Music Therapy
- Parent Child Interaction
- Person Centered
- Play Therapy
- Psychoanalytic
- Psychodynamic
- Rational Emotive Behavior (REBT)
- Reality Therapy
- Solution Focus Brief Therapy
- Trauma Focused

# JEANNE MCDERMOTT COUNSELING

JEANNE MCDERMOTT COUNSELING  
Mohegan Lake Post Office  
PO Box 333  
Mohegan, NY 10547



Email: [jeannemcdermott2014@gmail.com](mailto:jeannemcdermott2014@gmail.com)  
Website: [www.psychologytoday.com/us/therapists/jeanne-mcdermott-new-rochelle-ny/386097](http://www.psychologytoday.com/us/therapists/jeanne-mcdermott-new-rochelle-ny/386097)  
Intake Number: (914) 987-1297

## Access to Clinical Services:

- Offering in-person counseling: **No**
- Offers telehealth counseling: **Yes**
- Offering clinical supports after office hours: **No**

## Clinic Locations:

- Mohegan, NY
- Virtual

## Payment options offered:

- Self-Pay: **Yes**
- Sliding scale: **Yes**
- Pro bono/Scholarships: **No**
- Insurances accepted: **Yes**

## Insurances Accepted:

- Aetna
- Allied
- Bind
- Cigna
- GEHA
- Health Plan Inc.
- Meritian Health
- Nippon
- Optum
- Oscar Health
- Oxford
- UMR
- UnitedHealthcare UHC/UBH

## **Meet JEANNE MCDERMOTT, Owner, LMFT, Pastoral Counselor**

**Jeanne McDermott's faith affects the Clinician's view and practice in counseling as reflected by the statement:**

*"I believe with God all things are possible if we have even the faith of a mustard seed. The Lord can heal our deepest wounds, broken relationships, and bring us back from regret or pain to embracing life and thriving in our understanding of God's purpose and plan for our life, and the lives of our loved ones."*

Jeanne McDermott is **very comfortable** working with a client whose faith is important to them. The Clinician's intake process **includes** questions regarding potential client's faith, religion, or spirituality. The Clinician identifies as a **Protestant** who is **very active** in their faith tradition and is **very comfortable** sharing their own spiritual beliefs in sessions to assist in the therapeutic process as appropriate. The Clinician is open to incorporating holistic practices in therapy sessions with client's consent or request including **mindfulness, prayer, scripture, and bibliotherapy including faith, religious, or spiritual books/literature**

**Credentials:**

- Marriage and Family Therapist: LMFT
- Master of Science Degree: MS
- Pastoral Counselor

**Language(s) spoken by clinician:**

- English

**Areas of expertise:**

- Adolescent
- Anxiety
- Couples
- Family
- Health Goals
- Infidelity
- Marriage
- Parenting
- Relationship Issues
- Self-Esteem
- Spirituality
- Stress
- Women's Issues

**Treatment modalities or clinical approaches:**

- Christian Counseling
- Cognitive Behavioral (CBT)
- Couples/Marital
- Emotionally Focused Therapy
- Family
- Integrative
- Person Centered
- Solution Focus Brief Therapy

# JOSHUA TAL, Ph.D., AND ASSOCIATES PLLC



JOSHUA TAL, Ph.D., AND ASSOCIATES PLLC  
49 W. 86th St.  
New York, NY 10024

Email: [drjoshuatal@gmail.com](mailto:drjoshuatal@gmail.com)

Website: [www.drjoshuatal.com](http://www.drjoshuatal.com)

Intake Number: (347) 466-7432

## Access to Clinical Services:

- Offering in-person counseling: **No**
- Offers telehealth counseling: **Yes**
- Offering clinical supports after office hours: **Yes**

## Clinic Locations:

- New York, NY
- Virtual

## Payment options offered:

- Self-Pay: **Yes**
- Pro bono/Scholarships: **No**
- Sliding scale: **Yes**
- Insurances accepted: **No**

## Meet DR. JOSHUA TAL, Psychologist

Dr. Joshua Tal's faith affects the Clinician's view and practice in counseling as reflected by the statement:

*"My faith provides an understanding of how my clients' faith affects their view of themselves, others and the world. It is not always relevant to practice, but having my faith available allows flexibility when working with clients of the same faith, when appropriate and identified by the client. It also provides the client with comfort and more of a feeling of being understood."*

Dr. Joshua Tal is **very comfortable** working with a client whose faith is important to them. The Clinician's intake process **includes** questions regarding potential client's faith, religion, or spirituality. The Clinician identifies as **Jewish** who is **active** in their faith tradition and is **very comfortable** sharing their own spiritual beliefs in sessions to assist in the therapeutic process as appropriate. The Clinician is open to incorporating holistic practices in therapy sessions with client's consent or request including **mindfulness, scripture, and bibliotherapy including faith, religious, or spiritual books/literature**

**Credentials:**

- Psychologist: Ph.D.

**Language(s) spoken by clinician:**

- English

**Areas of expertise:**

- Addiction
- Alcohol Use
- Anxiety
- Chronic Pain
- Chronic Illness
- Depression
- Drug Abuse
- Dual Diagnosis
- Grief
- Men's Issues
- Pregnancy
- Postpartum
- Relationship Issues
- Self-Esteem
- Sleep or Insomnia
- Spirituality
- Substance Use/Abuse
- Trauma & PTSD
- Traumatic Brain Injury

**Treatment modalities or clinical approaches:**

- Acceptance & Commitment
- Cognitive Behavioral (CBT)
- Cognitive Processing (CPT)
- Dialectical Behavioral Therapy (DBT)
- Exposure Therapies
- Integrative
- Mindfulness-Based (MBCT)
- Motivational interviewing
- Play Therapy
- Solution Focus Brief Therapy
- Trauma Focused



# JRJ THERAPY

JRJ Therapy  
466 Main St, Suite. 208  
New Rochelle, NY 10801



Email: [joyce@jrjtherapy.com](mailto:joyce@jrjtherapy.com)  
Website: [www.jrjtherapy.com](http://www.jrjtherapy.com)  
Intake Number: (718) 502-0998

## Access to Clinical Services:

- Offering in-person counseling: **No**
- Offers telehealth counseling: **Yes**
- Offering clinical supports after office hours: **Yes**

## Clinic Locations:

- New Rochelle, NY
- Virtual

## Payment options offered:

- Self-Pay: **Yes**
- Sliding scale: **Yes**
- Pro bono/Scholarships: **Yes**
- Insurances accepted: **Yes**

## Insurances Accepted:

- Cigna
- ComPsych
- Optum
- UMR
- UnitedHealthcare UHC/UBH

## Meet Dr. JOYCE R. JOHNSON, MS, ED, CRC, LMHC, Ph.D.

Dr. Joyce R. Johnson's faith affects the Clinician's view and practice in counseling as reflected by the statement:

*"We offer the best in therapy sessions lead by our Clinical Director Joyce Johnson, Ph.D. We strive to offer the best programs that will help you get your life back on track. The first step in taking control of your life is the key and to ask for help is never a sign of weakness; but a sign of strength. With the power within you, we believe you can overcome any obstacles placed in front of you and you can do it with a SMILE. JRJ Therapy is a beacon of love and the value instilled from religious and spiritual paths to healing."*

Dr. Joyce R. Johnson is **very comfortable** working with a client whose faith is important to them. The Clinician's intake process **includes** questions regarding potential client's faith, religion, or spirituality. The Clinician identifies as Spiritual, is **very active** in their faith tradition, and is **very comfortable** sharing their own spiritual beliefs in sessions to assist in the therapeutic process as appropriate. The Clinician is open to incorporating holistic practices in therapy sessions with client's consent or request including **mindfulness, prayer, and bibliotherapy including faith.**

**Credentials:**

- Psychologist: Ph.D.

**Language(s) spoken by clinician:**

- English

**Areas of expertise:**

- Addiction
- Adolescent
- Alcohol Use
- Anxiety
- Behavioral Issues
- Depression
- Drug Abuse
- Grief

**Treatment modalities or clinical approaches:**

- Christian Counseling
- Cognitive Behavioral (CBT)
- Cognitive Processing (CPT)

- Mental Health Counselor: LMHC



- Racial Identity
- Relationship Issues
- Self-Esteem
- Self-Harming
- Spirituality
- Stress
- Trauma & PTSD
- Woman's Issues

- Family
- Motivational interviewing
- Reality Therapy

# McGREGOR, RONALD, LCSW

RONALD MCGREGOR, LCSW  
14 Daniels Place  
White Plains, NY 10604



Email: [ron709@msn.com](mailto:ron709@msn.com)

Website: N/A

Intake Number: (914) 419-4129

## Access to Clinical Services:

- Offering in-person counseling: **Yes**
- Offers telehealth counseling: **Yes**
- Offering clinical supports after office hours: **Yes**

## Clinic Locations:

- White Plains, NY
- Virtual

## Payment options offered:

- Self-Pay: **Yes**
- Sliding scale: **Yes**
- Pro bono/Scholarships: **Yes**
- Insurances accepted: **No**

## Meet RONALD McGREGOR, Licensed Clinical Social Worker

Ronald McGregor's faith affects the Clinician's view and practice in counseling as reflected by the statement:

*"My practice and faith are guided by these principles: nonjudgmental, empathetic and compassionate. All life (every individual has value and limitless potential. Prayer works!"*

Ronald McGregor is **comfortable** working with a client whose faith is important to them. The Clinician's intake process **includes** questions regarding potential client's faith, religion, or spirituality. The Clinician identifies as a **Buddhist** who is **active** in their faith tradition and is **comfortable** sharing their own spiritual beliefs in sessions to assist in the therapeutic process as appropriate. The Clinician is open to incorporating holistic practices in therapy sessions with client's consent or request including **mindfulness and prayer**.

## Credentials:

- Social Worker: CSW

## Language(s) spoken by clinician:


- English

**Areas of expertise:**

- ADHD
- Addiction
- Adolescent
- Alcohol Use
- Anger Management
- Anxiety
- Behavioral Issues
- Bipolar Disorder
- Borderline Personality
- Depression
- Domestic Violence
- Drug Abuse

**Treatment modalities or clinical approaches:**

- Cognitive Behavioral (CBT)
- Family

- 
- Dual Diagnosis
  - Family
  - Gambling
  - Men's Issues
  - Oppositional Defiance
  - Racial Identity
  - Relationship Issues
  - Self-Esteem
  - Stress
  - Substance Use/Abuse
  - Trauma & PTSD

# MEADOWS, DALPHINE E., LMSW

DALPHINE E. MEADOWS, LMSW  
14 Daniels Place  
White Plains, NY 10604



Email: [demeadows27@msn.com](mailto:demeadows27@msn.com)

Website: N/A

Intake Number: (914) 419-2828

## Access to Clinical Services:

- Offering in-person counseling: **Yes**
- Offers telehealth counseling: **Yes**
- Offering clinical supports after office hours: **No**

## Clinic Locations:

- White Plains, NY
- Virtual

## Payment options offered:

- Self-Pay: **Yes**
- Sliding scale: **Yes**
- Pro bono/Scholarships: **Yes**
- Insurances accepted: **No**

## Meet DALPHINE E. MEADOWS, Licensed Master Social Worker

Dalphine E. Meadow's faith affects the Clinician's view and practice in counseling as reflected by the statement:

*"My faith enables an internal strength of compassion, unflinching determination and perseverance, and empowerment of self and others. The power of prayer is unlimited."*

Dalphine E. Meadows is **very comfortable** working with a client whose faith is important to them. The Clinician's intake process **includes** questions regarding potential client's faith, religion, or spirituality. The Clinician identifies as a **Buddhist** who is **active** in their faith tradition and is **very comfortable** sharing their own spiritual beliefs in sessions to assist in the therapeutic process as appropriate. The Clinician is open to incorporating holistic practices in therapy sessions with client's consent or request including **mindfulness, prayer, bibliotherapy including faith, religious, or spiritual books/literature.**

## Credentials:

- Career Counselor
- Social Worker: LMSW

## Language(s) spoken by clinician:


- English

**Areas of expertise:**

- ADHD
- Addiction
- Adolescent
- Alcohol Use
- Anger Management
- Anxiety
- Behavioral Issues
- Bipolar Disorder
- Borderline Personality
- Children
- Depression

**Treatment modalities or clinical approaches:**

- Cognitive Behavioral (CBT)
- Dialectical Behavioral Therapy (DBT)
- Family
- Person Centered

- 
- Drug Abuse
  - Dual Diagnosis
  - Family
  - Grief
  - Obsessive-Compulsive Disorder
  - Oppositional Defiance
  - Racial Identity
  - Self-Esteem
  - Stress
  - Substance Use/Abuse
  - Trauma & PTSD

- Play Therapy
- Psychodynamic
- Trauma Focused

# MOODY, HASAN, LCSW, PLLC

Hasan Moody

Currently Only Offers Telehealth

Email: [hmoodylcsw@gmail.com](mailto:hmoodylcsw@gmail.com)

Website: <https://headway.co/providers/hasan-moody#intro>

Intake Number: (845) 535-1226



## Access to Clinical Services:

- Offering in-person counseling: **No**
- Offers telehealth counseling: **Missing**
- Offering clinical supports after office hours: **No**

## Clinic Locations:

- New City, NY
- Virtual

## Payment options offered:

- Self-Pay: **No**
- Sliding scale: **No**
- Pro bono/Scholarships: **No**
- Insurances accepted: **Yes**

## Insurances Accepted:

- Aetna
- Blue Cross
- Blue Shield
- Cigna
- Oscar Health
- Oxford
- UnitedHealthcare UHC/UBH

## Meet HASAN MOODY, Licensed Clinical Social Worker

Hasan Moody's faith affects the Clinician's view and practice in counseling as reflected by the statement:

*"The Lord came to set the captives free, and through therapy is one ways I believe I help carry this out in this life, doing so emotionally and spiritually with clients. God had such a heart for creation that He sent his only begotten Son to live with us and die for us. To put it simply, Jesus ministry was that of service. My faith gives me a similar heart to help, and this is one capacity to do so."*

Hasan Moody is **very comfortable** working with a client whose faith is important to them. The Clinician's intake process **includes** questions regarding potential client's faith, religion, or spirituality. The Clinician's identifies as a **Christian/Protestant** who is **very active** in their faith tradition and is **very comfortable** sharing their own spiritual beliefs in sessions to assist in the therapeutic process as appropriate. The Clinician is open to incorporating holistic practices in therapy sessions with client's consent or request including **mindfulness, prayer, scripture, and bibliotherapy including faith, religious, or spiritual books/literature.**

**Credentials:**

- Social Worker: LCSW

**Language(s) spoken by clinician:**

- English

**Areas of expertise:**

- ADHD
- Adolescent
- Adoption
- Anger Management
- Anxiety
- Behavioral Issues
- Depression
- Grief

- Men's Issues
- Oppositional Defiance
- Parenting
- Relationship Issues
- Self-Esteem
- Self-Harming
- Stress
- Trauma & PTSD

**Treatment modalities or clinical approaches:**

- Cognitive Behavioral (CBT)
- Mindfulness-Based (MBCT)
- Psychodynamic
- Solution Focus Brief Therapy



# MOVEMENT TO MOMENT WELLNESS, LCSW, PLLC



MOVEMENT TO MOMENT WELLNESS  
2333 32nd St  
Astoria, NY 11105

Email: [indiareckard@movementtomoment.com](mailto:indiareckard@movementtomoment.com)

Website: [www.movementtomoment.com](http://www.movementtomoment.com)

Intake Number: (347) 685-9560

## Access to Clinical Services:

- Offering in-person counseling: **No**
- Offers telehealth counseling: **Yes**
- Offering clinical supports after office hours: **Yes**

## Clinic Locations:

- Astoria, NY
- Virtual

## Payment options offered:

- Self-Pay: **Yes**
- Pro bono/Scholarships: **No**
- Sliding scale: **Yes**
- Insurances accepted: **No**

## **Meet INDIA RECKARD**, Owner, Licensed Clinical Social Worker

India Reckard's faith affects the Clinician's view and practice in counseling as reflected by the statement:

*"Allowing other's to be open in expressing their beliefs and faith and encouraging them rather than discouraging them. Meeting the patient where they are at in their spiritual/religious journey and beliefs is very important to me."*

India Reckard is **very comfortable** working with a client whose faith is important to them. The Clinician's intake process **includes** questions regarding potential client's faith, religion, or spirituality. The Clinician identifies as a **Christian** who is **active** in their faith tradition and is **slightly comfortable** sharing their own spiritual beliefs in sessions to assist in the therapeutic process as appropriate. The Clinician is open to incorporating holistic practices in therapy sessions with client's consent or request including **mindfulness**.

## Credentials:

- Social Worker: LCSW

**Language(s) spoken by clinician:**

- English

**Areas of expertise:**

- Chronic Pain
- Chronic Illness
- Depression
- Family
- Grief
- Infertility
- Infidelity

**Treatment modalities or clinical approaches:**

- Acceptance & Commitment
- Cognitive Behavioral (CBT)
- Cognitive Processing (CPT)
- Mindfulness-Based (MBCT)



STEADFAST WOMEN IN MINISTRY, INC

- Racial Identity
  - Relationship Issues
  - Self-Esteem
  - Spirituality
  - Stress
  - Trauma & PTSD
  - Women's Issues
- 
- Motivational Interviewing
  - Psychodynamic
  - Solution Focus Brief Therapy

# NAUSHAD, HUMAIRA, LMHC

HUMAIRA NAUSHAD, LMHC  
Currently Only Offers Telehealth



Email: [humairanaushadLMHC@gmail.com](mailto:humairanaushadLMHC@gmail.com)

Website: [www.humairanaushad.com](http://www.humairanaushad.com)

Intake Number: (631) 867-2154

## Access to Clinical Services:

- Offering in-person counseling: **No**
- Offers telehealth counseling: **Yes**
- Offering clinical supports after office hours: **No**

## Clinic Locations:

- Virtual

## Payment options offered:

- Self-Pay: **Yes**
- Sliding scale: **Yes**
- Pro bono/Scholarships: **No**
- Insurances accepted: **Yes**

## Insurances Accepted:

- Aetna
- Blue Cross
- Blue Shield
- Cigna
- Optum
- Oscar Health
- Oxford
- UMR
- UnitedHealthcare UHC/UBH

## Meet HUMAIRA NAUSHAD, Psychotherapist, LMHC

Humaira Naushad's faith affects the Clinician's view and practice in counseling as reflected by the statement:

*"My faith allows me to bring a lot of insight to clients that are religious/spiritual and like to incorporate islamic values."*

Humaira Naushad is **very comfortable** working with a client whose faith is important to them. The Clinician's intake process **does not include** questions regarding potential client's faith, religion, or spirituality. The Clinician identifies as a **Muslim** who is **active** in their faith tradition and is **comfortable** sharing their own spiritual beliefs in sessions to assist in the therapeutic process as appropriate. The Clinician is open to incorporating holistic practices in therapy sessions with client's consent or request including **mindfulness and bibliotherapy including faith, religious, or spiritual books/literature.**

**Credentials:**

- CASAC-T

**Language(s) spoken by clinician:**

- English

**Areas of expertise:**

- Anxiety
- Codependency
- Depression
- Family
- Marriage
- Racial Identity

**Treatment modalities or clinical approaches:**

- Cognitive Behavioral (CBT)
- EMDR
- Mindfulness-Based (MBCT)

- Mental Health Counselor: LMHC



- Relationship Issues
- Self-Esteem
- Spirituality
- Stress
- Trauma & PTSD
- Women's Issues

- Rational Emotive Behavior (REBT)
- Trauma Focused

# NEAS MINDFULNESS THERAPY PLLC



NEAS MINDFULNESS THERAPY PLLC  
74 Lafayette Ave  
Suffern, NY 10901

Email: [Lneaslcsw@gmail.com](mailto:Lneaslcsw@gmail.com)

Website: [www.nclcounseling.com](http://www.nclcounseling.com)

Intake Number: (914) 269-8019

## Access to Clinical Services:

- Offering in-person counseling: **No**
- Offers telehealth counseling: **Yes**
- Offering clinical supports after office hours: **Yes**

## Clinic Locations:

- Suffern, NY
- Virtual

## Payment options offered:

- Self-Pay: **Yes**
- Sliding scale: **Yes**
- Pro bono/Scholarships: **Yes**
- Insurances accepted: **Yes**

## Insurances Accepted:

- Aetna
- Anthem
- Beacon
- Blue Cross
- Blue Shield
- Cigna
- Medicare
- NYSHIP/ NY State Empire Plan
- Optum
- Oscar Health
- Oxford
- UMR
- UnitedHealthcare UHC/UBH

## Meet LUCKDJYNE NEAS, Clinical Director, LCSW

Luckdjyne Neas's faith affects the Clinician's view and practice in counseling as reflected by the statement:

*"It does not."*

Luckdjyne Neas is **very comfortable** working with a client whose faith is important to them. The Clinician's intake process **includes** questions regarding potential client's faith, religion, or spirituality. The Clinician identifies as a **Catholic** who is **slightly active** in their faith tradition and is **slightly comfortable** sharing their own spiritual beliefs in sessions to assist in the therapeutic

process as appropriate. The Clinician is open to incorporating holistic practices in therapy sessions with client's consent or request including **mindfulness**.



**Credentials:**

- CASAC
- Social Worker: LCSW

**Language(s) spoken by clinician:**

- Creole
- English

**Areas of expertise:**

- Adolescent
- Alcohol Use
- Anger Management
- Anxiety
- Career Counseling
- Couples
- Depression
- Divorce
- Domestic Violence
- Family
- Grief
- Infidelity
- Marriage
- Men's Issues
- Oppositional Defiance
- Postpartum
- Relationship Issues
- Self-Esteem
- Sex Therapy
- Sexuality
- Sexual Abuse
- Spirituality
- Sports Performance
- Stress
- Substance Use/Abuse
- Transgender
- Trauma & PTSD
- Women's Issues

**Treatment modalities or clinical approaches:**

- Acceptance & Commitment
- Cognitive Behavioral (CBT)
- Dialectical Behavioral Therapy (DBT)
- EMDR
- Mindfulness-Based (MBCT)
- Person Centered
- Play Therapy

# NEWBORN, MARLA JOI, LMSW

MARLA JOI NEWBORN  
33 Roselle Ave, Unit B  
Pleasantville, NY 10570



Email: [marla.newborn@gmail.com](mailto:marla.newborn@gmail.com)

Website: [www.psychologytoday.com/us/therapists/marla-j-newborn-pleasantville-ny/792659](http://www.psychologytoday.com/us/therapists/marla-j-newborn-pleasantville-ny/792659)

Intake Number: (914) 415-1037 or (917) 750-7326

## Access to Clinical Services:

- Offering in-person counseling: **No**
- Offers telehealth counseling: **Yes**
- Offering clinical supports after office hours: **Yes**

## Clinic Locations:

- Pleasantville, NY
- Virtual

## Payment options offered:

- Self-Pay: **Yes**
- Sliding scale: **Yes**
- Pro bono/Scholarships: **No**
- Insurances accepted: **No**

## Meet MARLA JOI NEWBORN, Licensed Master Social Worker

Marla Newborn's faith affects the Clinician's view and practice in counseling as reflected by the statement:

*"I believe in peace and serenity as a universal goal. Any practice that is meaningful to the client is welcome, embraced and used to assist client in leaning on their faith in times of distress.."*

Marla Newborn is **very comfortable** working with a client whose faith is important to them. The Clinician's intake process **does not include** questions regarding potential client's faith, religion, or spirituality. The Clinician identifies as Spiritual, is **not active** in their faith tradition, and is **very comfortable** sharing their own spiritual beliefs in sessions to assist in the therapeutic process as appropriate. The Clinician is open to incorporating holistic practices in therapy sessions with client's consent or request including **mindfulness, prayer, scripture, and bibliotherapy including faith, religious, or spiritual books/literature.**

## Credentials:

- CASAC
- Social Worker: LMSW

## Language(s) spoken by clinician:

- English

**Areas of expertise:**

- Addiction
- Alcohol Use
- Drug Abuse
- Grief

- Sexual Abuse
- Sexual Addiction
- Trauma & PTSD



**Treatment modalities or clinical approaches:**

- Couple/Marital
- Family

- Psychodynamic
- Trauma Focused

# NORTH NODE THERAPY

NORTH NODE THERAPY  
73 Market St  
Yonkers, NY 10710



Email: [northnodetherapy@gmail.com](mailto:northnodetherapy@gmail.com)  
Website: [www.northnodetherapy.com](http://www.northnodetherapy.com)  
Intake Number: (929) 366-7302 or (347) 742-5511

## Access to Clinical Services:

- Offering in-person counseling: **No**
- Offers telehealth counseling: **Yes**
- Offering clinical supports after office hours: **No**

## Clinic Locations:

- Yonkers, NY
- Virtual

## Payment options offered:

- Self-Pay: **Yes**
- Sliding scale: **Yes**
- Pro bono/Scholarships: **No**
- Insurances accepted: **Yes**

## Insurances Accepted:

- Aetna
- Blue Cross
- Cigna
- MagnaCare
- Medicare
- Optum
- Oscar Health
- Oxford
- UMR
- UnitedHealthcare UHC/UBH
- 1199

## Meet NODEREA JOHN, Licensed Clinical Social Worker

**Noderea John's faith affects the Clinician's view and practice in counseling as reflected by the statement:**

*"My faith allows me to relate to and understand others who have grown up religious and have their religious practices guide their lives and their decision making. My faith enables me to understand how relying on your faith can be a source of strength. Having a mental health provider who understands you and you religious beliefs and/or open to learning about your beliefs can be pivotal part of your life. At North Node Therapy we pride ourselves in allowing you to be the expert on your life and our therapist being the expert on mental health care, knowing that when we collaborate with our clients, you can accomplish your desired life."*

Noderea John is **very comfortable** working with a client whose faith is important to them. The Clinician's intake process **includes** questions regarding potential client's faith, religion, or

spirituality. The Clinician identifies as a **Non-Denominational** who is **active** in their faith tradition and is **slightly comfortable** sharing their own spiritual beliefs in sessions to assist in the therapeutic process as appropriate. The Clinician is open to incorporating holistic practices in therapy sessions with client's consent or request including **mindfulness, prayer, scripture, and bibliotherapy including faith, religious, or spiritual books/literature.**



**Credentials:**

- Life Coach
- Social Worker: LCSW

**Language(s) spoken by clinician:**

- English

**Areas of expertise:**

- Codependency
- Couples
- Depression
- Grief
- Marriage
- Racial Identity
- Relationship Issues
- Self-Esteem
- Spirituality
- Stress
- Trauma & PTSD
- Women's Issues

**Treatment modalities or clinical approaches:**

- Cognitive Behavioral (CBT)
- Mindfulness-Based (MBCT)
- Motivational Interviewing
- Person Centered
- Solution Focus Brief Therapy
- Trauma Focused

# NY WELLNESS

## NY WELLNESS

Currently Only Offers Telehealth



Email: [steve@nywellness.com](mailto:steve@nywellness.com)

Website: [www.nywellness.com](http://www.nywellness.com)

Intake Number: (718) 736-2267

### Access to Clinical Services:

- Offering in-person counseling: **No**
- Offers telehealth counseling: **Yes**
- Offering clinical supports after office hours: **Yes**

### Clinic Locations:

- New York, NY
- Virtual

### Payment options offered:

- Self-Pay: **Yes**
- Sliding scale: **Yes**
- Pro bono/Scholarships: **Yes**
- Insurances accepted: **Yes**

### Insurances Accepted:

- Cigna

## Meet STEVE ALEXANDER, JR., Owner, LMHC

Steve Alexander, Jr.'s faith affects the Clinician's view and practice in counseling as reflected by the statement:

*"Religion and faith are stabilizing factors for mental health. While I do not allow my own faith and beliefs to influence how I perceive clients, I do use my faith as a way of conceptualizing and understanding issues that my clients may present with during sessions."*

Steve Alexander, Jr. is **very comfortable** working with a client whose faith is important to them. The Clinician's intake process **includes** questions regarding potential client's faith, religion, or spirituality. The Clinician identifies as Spiritual, is **slightly active** in their faith tradition, and is **comfortable** sharing their own spiritual beliefs in sessions to assist in the therapeutic process as appropriate. The Clinician is open to incorporating holistic practices in therapy sessions with client's consent or request including **mindfulness and bibliotherapy including faith, religious, or spiritual books/literature.**

### Credentials:

- Mental Health Counselor: LMHC

**Language(s) spoken by clinician:**

- English

**Areas of expertise:**

- Adolescent
- Anger Management
- Anxiety
- Behavioral Issues
- Children
- Family
- Grief
- Men's Issues

**Treatment modalities or clinical approaches:**

- Cognitive Behavioral (CBT)
- Interventions
- Person Centered

- Mandarin



- Oppositional Defiance
- Parenting
- Relationship Issues
- Self-Esteem
- Spirituality
- Stress
- Trauma & PTSD

- Play Therapy
- Solution Focus Brief Therapy
- Trauma Focused

# PERELMAN, HAYLEY, Ph.D.

HAYLEY PERELMAN, Ph.D.  
42 Lexington Ct  
Chatham NJ 07928



Email: [hayleyperelmanphd@gmail.com](mailto:hayleyperelmanphd@gmail.com)  
Website: [www.drhayleyperelman.com](http://www.drhayleyperelman.com)  
Intake Number: (617) 329-5378

## Access to Clinical Services

- Offering in-person counseling: **No**
- Offers telehealth counseling: **Yes**
- Offering clinical supports after office hours: **No**

## Clinic Locations

- Boston, MA
- New York, NY
- Tarrytown, NY
- Virtual

## Payment options offered

- Self-Pay: **Yes**
- Sliding scale: **No**
- Pro bono/Scholarships: **No**
- Insurances accepted: **No**

## Dr. HAYLEY PERELMAN, Licensed Psychologist

**Dr. Hayley Perelman's faith affects the Clinician's view and practice in counseling as reflected by the statement:**

*"My faith allows me to have deep empathy for folks who have been marginalized and/or been the subject of racism or microaggressions, as Jews have historically been oppressed and discriminated against for many years. I also understand the Jewish culture of the northeast and greater NYC area, as I was raised in the culture and can understand what it means, for example, to be culturally Jewish or to experience pressure from high standards in the community."*

Dr. Hayley Perelman **very comfortable** working with a client whose faith is important to them. The Clinician's intake process **does not include** questions regarding potential client's faith, religion, or spirituality. The Clinician identifies as **Jewish** and is **slightly active** in their faith tradition and is **very comfortable** sharing their own spiritual beliefs in sessions to assist in the therapeutic process as appropriate. The Clinician is open to incorporating holistic practices in therapy sessions with client's consent or request including **mindfulness**.

## Credentials:

- Psychologist: Ph.D.
- Certified Mental Health Performance Consultant (CMPC)

**Language(s) spoken by clinician:**

- English

**Areas of expertise:**

- Anxiety
- Body Image/Appearance Concerns
- Eating Disorders
- Men's Issues

**Treatment modalities or clinical approaches:**

- Acceptance & Commitment
- Cognitive Behavioral Therapy
- Integrative
- Interventions



STEADFAST WOMEN IN MINISTRY, INC

- Relationship Issues
  - Self-Esteem
  - Sports Performance
  - Stress
  - Women's Issues
- 
- Mindfulness-Based (MBCT)
  - Motivational Interviewing
  - Solution Focused Brief Therapy

# PERSONAL LIFE WELLNESS MARRIAGE AND FAMILY THERAPY PLLC



PERSONAL LIFE WELLNESS MARRIAGE AND FAMILY THERAPY PLLC

42 Memorial Plaza, Suite 376  
Pleasantville, NY 10570

Email: [personallifewellness@outlook.com](mailto:personallifewellness@outlook.com)  
[swilliams@personallifewellness.com](mailto:swilliams@personallifewellness.com)

Website: N/A

Intake Number: (914) 979-6515

## Access to Clinical Services

- Offering in-person counseling: **Yes**
- Offers telehealth counseling: **Yes**
- Offering clinical supports after office hours: **Yes**

## Clinic Locations

- Pleasantville, NY
- Virtual

## Payment options offered

- Self-Pay: **Yes**
- Sliding scale: **Yes**
- Pro bono/Scholarships: **No**
- Insurances accepted: **No**

## Meet SEJGINHA WILLIAMS, Licensed Marriage and Family Therapist

Sejginha Williams's faith affects the Clinician's view and practice in counseling as reflected by the statement:

*"My faith allows me to recognize the importance of spirituality in overall well-being and respect the spirituality of others."*

Sejginha Williams is **very comfortable** working with a client whose faith is important to them. The Clinician's intake process **includes** questions regarding potential client's faith, religion, or spirituality. The Clinician identifies as a **Christian** who is **active** in their faith tradition and is **comfortable** sharing their own spiritual beliefs in sessions to assist in the therapeutic process as appropriate. The Clinician is open to incorporating holistic practices in therapy sessions with client's consent or request including **mindfulness and scripture**.

## Credentials:

- Marriage and Family Therapist: LMFT

## Language(s) spoken by clinician:

- English

**Areas of expertise:**

- Anxiety
- Couples
- Marriage
- Relationship Issues

- Self-Esteem
- Stress
- Women's Issues



**Treatment modalities or clinical approaches**

- Cognitive Behavioral Therapy
- Couples/Marital

- Motivational Interviewing
- Solution Focused Brief Therapy

# REGAINING LIFE COUNSELING

REGAINING LIFE COUNSELING  
Currently Only Offers Telehealth



Email: [Jwrightprivatetherapy@gmail.com](mailto:Jwrightprivatetherapy@gmail.com)  
Website: [www.regaininlifecounseling.com](http://www.regaininlifecounseling.com)  
Intake Number: (631) 504-0109

## Access to Clinical Services

- Offering in-person counseling: **No**
- Offers telehealth counseling: **Yes**
- Offering clinical supports after office hours: **No**

## Clinic Locations

- Shirley, NY
- Virtual

## Payment options offered

- Self-Pay: **Yes**
- Sliding scale: **Yes**
- Pro bono/Scholarships: **No**
- Insurances accepted: **Yes**

## Insurances Accepted

- Aetna
- Blue Cross
- Blue Shield
- Cigna
- Oscar Health
- Oxford
- UnitedHealthcare UHC/UBH

## Meet JATAYA WRIGHT, Licensed Clinical Social Worker

Jataya Wright's faith affects the Clinician's view and practice in counseling as reflected by the statement:

*"My faith allows me to see beyond the presenting issue or person in front of me seeking treatment and the greater power they have in them to work through any issue they are facing. It allows me to encourage clients to try their best even when they do not feel they have anything to offer. I believe that every client has the ability to improve their life and get past any issue they are facing because something lead them to seek therapy and not just allow the issue to fester."*

Jataya Wright is **comfortable** working with a client whose faith is important to them. The Clinician's intake process **includes** questions regarding potential client's faith, religion, or spirituality. The Clinician identifies as a **Baptist** who is **slightly active** in their faith tradition and is **slightly comfortable** sharing their own spiritual beliefs in sessions to assist in the therapeutic process as appropriate. The Clinician is open to incorporating holistic practices in therapy sessions with client's consent or request including **mindfulness and scripture**.

**Credentials:**

- Social Worker: LCSW

**Language(s) spoken by clinician:**

- English



**Areas of expertise:**

- Anxiety
- Career Counseling
- Depression
- Divorce
- Domestic Violence
- Infidelity
- Postpartum
- Relationship Issues
- Self-Esteem
- Spirituality
- Stress
- Trauma & PTSD
- Women's Issues

**Treatment modalities or clinical approaches**

- Acceptance & Commitment
- Christian Counseling
- Cognitive Behavioral (CBT)
- Dialectical Behavioral Therapy (DBT)
- Humanistic
- Integrative
- Psychoanalytic
- Solution Focused Brief Therapy
- Trauma Focused

# REENVISION MARRIAGE AND FAMILY THERAPY



REENVISION MARRIAGE AND FAMILY THERAPY  
40-03 164th Street #580161  
Flushing, NY 11358

Email: [michelle.park@reenvision.life](mailto:michelle.park@reenvision.life)

Website: [www.reenvision.life](http://www.reenvision.life)

Intake Number: (646) 450-9972 AND (718) 354-6738

## Access to Clinical Services:

- Offering in-person counseling: **No**
- Offers telehealth counseling: **Yes**
- Offering clinical supports after office hours: **Yes**

## Clinic Locations:

- Flushing, NY
- Virtual

## Payment options offered:

- Self-Pay: **Yes**
- Pro bono/Scholarships: **Yes**
- Sliding scale: **Yes**
- Insurances accepted: **No**

## Meet MICHELLE S. PARK, Founder, Owner & Therapist

Michelle S. Park's faith affects the Clinician's view and practice in counseling as reflected by the statement:

*"As an active Christian not all of my clients believe nor have the same faith as me, although many do. I believe in my role and calling to be a "wounded healer" through compassion, curiosity, grace, integrity, love and presence - all that which Christ modeled. I can ask the therapeutic questions and have interventions that lead to a process of healing that doesn't impose my faith onto someone else and yet, I do trust that the Holy Spirit is leading and guiding me through each session and is present even when "faith talk" isn't evident.."*

Michelle S. Park is **very comfortable** working with a client whose faith is important to them. The Clinician's intake process **includes** questions regarding potential client's faith, religion, or spirituality. The Clinician's identifies as a **Protestant** who is **very active** in their faith tradition and is **very comfortable** sharing their own spiritual beliefs in sessions to assist in the therapeutic process as appropriate. The Clinician is open to incorporating holistic practices in therapy sessions with client's consent or request including **mindfulness, prayer, scripture and bibliotherapy including faith, religious, or spiritual books/literature.**

## Credentials:

- Marriage and Family Therapist: LMFT

**Language(s) spoken by clinician:**

- English

**Areas of expertise:**

- Adolescent
- Anger Management
- Anxiety
- Children
- Couples
- Depression
- Divorce
- Family
- Grief
- Infidelity
- Life Coach
- Marriage
- Men's Issues
- Parenting

**Treatment modalities or clinical approaches:**

- Bowenian
- Christian Counseling
- Cognitive Behavioral (CBT)
- Couples/Marital
- Experimental
- Family
- Gottman
- Integrative



STEADFAST WOMEN IN MINISTRY, INC

- Pregnancy
- Postpartum
- Racial Identity
- Relationship Issues
- Self-esteem
- Self-harming
- Sex Therapy
- Spirituality
- Stress
- Suicidal Ideation
- Women's Issues
- Ministry/Missionary Couples and Families

- Interventions
- Motivational Interviewing
- Narrative
- Parent Child Interaction
- Person Centered
- Restoration Therapy (RT)
- Solution Focus Brief Therapy

# ROHAN, MARGARET M., LCSW

MARGARET M. ROHAN  
107 Tibbetts Rd, Apt. 3B  
Yonkers, NY 10705



Email: [callmr2@gmail.com](mailto:callmr2@gmail.com)

Website: N/A

Intake Number: (914) 439-0112

## Access to Clinical Services

- Offering in-person counseling: **No**
- Offers telehealth counseling: **Yes**
- Offering clinical supports after office hours: **No**

## Clinic Locations

- Yonkers, NY
- Virtual

## Payment options offered

- Self-Pay: **Yes**
- Sliding scale: **Yes**
- Pro bono/Scholarships: **No**
- Insurances accepted: **No**

## Meet MARGARET M. ROHAN, Licensed Clinical Social Worker

Margaret M. Rohan's faith affects the Clinician's view and practice in counseling as reflected by the statement:

*"My faith allows me to view every person as an equal, and supports me in being open in a non judgmental way to people of all backgrounds and religious beliefs. I enjoy working with people of all religious beliefs, it is so fulfilling and uplifting."*

Margaret M. Rohan is **very comfortable** working with a client whose faith is important to them. The Clinician's intake process **includes** questions regarding potential client's faith, religion, or spirituality. The Clinician identifies as a **Catholic** who is **very active** in their faith tradition and is **very comfortable** sharing their own spiritual beliefs in sessions to assist in the therapeutic process as appropriate. The Clinician is open to incorporating holistic practices in therapy sessions with client's consent or request including **mindfulness, prayer, scripture, and bibliotherapy including faith, religious, or spiritual books/literature.**

## Credentials:

- Social Worker: LCSW

## Language(s) spoken by clinician:

- English

**Areas of expertise:**

- ADHD
- Addiction
- Anxiety
- Behavioral Issues
- Borderline Personality
- Chronic Illness/Pain
- Codependency
- Depression

**Treatment modalities or clinical approaches:**

- Cognitive Behavioral (CBT)
- Couples/Marital
- EMDR

- Dual Diagnosis
- Grief
- Relationship Issues
- Self-Esteem
- Spirituality
- Stress
- Trauma & PTSD



# SHIFT YOUR JOURNEY MENTAL HEALTH COUNSELING, PLLC



SHIFT YOUR JOURNEY MENTAL HEALTH COUNSELING, PLLC  
75 South Broadway, 4th Floor  
White Plains, NY 10601

Email: [hello@shiftyourjourney.com](mailto:hello@shiftyourjourney.com)

Website: [www.shiftyourjourney.com](http://www.shiftyourjourney.com)

Intake Number: (914) 902-8923

## Access to Clinical Services

- Offering in-person counseling: **No**
- Offers telehealth counseling: **Yes**
- Offering clinical supports after office hours: **No**

## Clinic Locations

- White Plains, NY
- Stamford, CT
- Virtual

## Payment options offered

- Self-Pay: **Yes**
- Sliding scale: **Yes**
- Pro bono/Scholarships: **No**
- Insurances accepted: **Yes**

## Insurances Accepted

- Aetna
- Cigna
- ConnectiCare
- Fidelis
- HealthFirst
- Optum
- Oscar Health
- Oxford
- UnitedHealthcare UHC/UBH
- 1199

## **Meet GRACE ADDOW-LANGLAIS**, Clinical Director, LMHC, and LPC

Grace Addow-Langlais's faith affects the Clinician's view and practice in counseling as reflected by the statement:

*"My faith keeps me hopeful. However, I am respectful of the diverse faiths and beliefs that our clients present with."*

Grace Addow-Langlais is **very comfortable** working with a client whose faith is important to them. The Clinician's intake process **does not include** questions regarding potential client's faith, religion, or spirituality. The Clinician identifies as a **Protestant and Spiritual** who is **slightly active** in their faith tradition and is **slightly comfortable** sharing their own spiritual beliefs in sessions to assist in the therapeutic process as appropriate. The Clinician is open to incorporating holistic

practices in therapy sessions with client's consent or request including ~~incorporating~~ prayer, mindfulness, and psychoeducation.



**Credentials:**

- Career Counselor
- Life Coach
- Mental Health Counselor: LMHC
- Licensed Professional Counselor: LPC

**Language(s) spoken by clinician:**

- English
- Twi
- Spanish Speaking Clinicians Available

**Areas of expertise:**

- ADHD
- Adolescent
- Anger Management
- Anxiety
- Bipolar Disorder
- Borderline Personality
- Career Counseling
- Children
- Couples
- Depression
- Dual Diagnosis
- Family
- Grief
- Life Coach
- Marriage
- Men's Issues
- Narcissistic Personality
- Obsessive-Compulsive Disorder
- Parenting
- Racial Identity
- Relationship Issues
- Self-Esteem
- Stress
- Trauma & PTSD
- Women's Issues

**Treatment modalities or clinical approaches:**

- Acceptance & Commitment
- Couples/Marital
- Cognitive Behavioral Therapy
- Dialectical Behavioral Therapy (DBT)
- Family
- Integrative
- Person Centered
- Solution Focused Brief Therapy

# SOUTHERN WESTCHESTER MARRIAGE COUNSELING



SOUTHERN WESTCHESTER MARRIAGE COUNSELING  
34 South Lexington Ave, Ph-6  
White Plains, NY 10606

Email: [jimwalkup@gmail.com](mailto:jimwalkup@gmail.com)

Website: [www.dr-jim.com](http://www.dr-jim.com)

Intake Number: (914) 548-8645

## Access to Clinical Services

- Offering in-person counseling: **Yes**
- Offers telehealth counseling: **Yes**
- Offering clinical supports after office hours: **No**

## Clinic Locations

- White Plains, NY
- Virtual

## Payment options offered

- Self-Pay: **Yes**
- Pro bono/Scholarships: **Yes**
- Sliding scale: **Yes**
- Insurances accepted: **No**

**Meet JIM WALKUP**, Director, Licensed Marriage and Family Therapist  
Jim Walkup's faith affects the Clinician's view and practice in counseling as reflected by the statement:

*"My values include helping others discover how their faith journey can support their mental and spiritual challenges. As an ordained clergy person, I have helped couples for over forty-five years to rediscover the vitality of their relationship and to feel joy and hope again."*

Jim Walkup is **very comfortable** working with a client whose faith is important to them. The Clinician's intake process **includes** questions regarding potential client's faith, religion, or spirituality. The Clinician identifies as Spiritual, is **active** in their faith tradition, and is **comfortable** sharing their own spiritual beliefs in sessions to assist in the therapeutic process as appropriate. The Clinician is open to incorporating holistic practices in therapy sessions with client's consent or request including **mindfulness, prayer, scripture, and bibliotherapy including faith, religious, or spiritual books/literature.**

## Credentials:

- Clergy
- Marriage and Family Therapist: LMFT

**Language(s) spoken by clinician:**

- English

**Areas of expertise:**

- ADHD
- Anxiety
- Career Counseling
- Chronic Illness/Pain
- Couples
- Depression
- Divorce
- Grief
- Infidelity

**Treatment modalities or clinical approaches:**

- Christian Counseling
- Couples/Marital
- EMDR
- Existential



- Internet Addiction
- Marriage
- Men's Issues
- Relationship Issues
- Self-Esteem
- Sexuality
- Spirituality
- Trauma & PTSD

- Integrative
- Mindfulness-Based (MBCT)
- Psychodynamic

# STECKLER, NANCY M., PH.D.

DR. NANCY M. STECKLER  
20 Squadron Boulevard, Suite 360  
New City, NY 10956



Email: nstecklerphd@gmail.com  
Website: N/A  
Intake Number: (845) 296-8976

### Access to Clinical Services:

- Offering in-person counseling: **Yes**
- Offers telehealth counseling: **Yes**
- Offering clinical supports after office hours: **Yes**

### Clinic Locations:

- New City, NY
- West Nyack, NY
- Virtual

### Payment options offered:

- Self-Pay: **Yes**
- Sliding scale: **Yes**
- Pro bono/Scholarships: **No**
- Insurances accepted: **Yes**

### Insurances Accepted:

- Aetna
- Blue Cross
- Cigna
- Medicare

## Meet DR. NANCY M. STECKLER, Psychologist

Dr. Nancy M. Steckler's faith affects the Clinician's view and practice in counseling as reflected by the statement:

*"I am very comfortable working with people of various faiths, viewing the faith as an asset in their lives. I encourage people's involvement in their faith communities, and I sometimes discuss their beliefs when I can do so to be helpful to them."*

Dr. Nancy M. Steckler is **very comfortable** working with a client whose faith is important to them. The Clinician's intake process **includes** questions regarding potential client's faith, religion, or spirituality. The Clinician identifies as **Jewish** and is **very active** in their faith tradition and is **comfortable** sharing their own spiritual beliefs in sessions to assist in the therapeutic process as appropriate. The Clinician is open to incorporating holistic practices in therapy sessions with client's consent or request including **mindfulness, encouraging people to engage with their spiritual/religious community, and using their beliefs to help them as individuals.**

**Credentials:**

- Psychologist: Ph.D.

**Language(s) spoken by clinician:**

- English

**Areas of expertise:**

- Anxiety
- Depression
- Grief
- Obsessive-Compulsive Disorder
- Parenting
- Relationship Issues
- Self-Esteem
- Stress
- Women's Issues
- Family members of people with special needs including mental and physical illness, developmental disability, and dementia.

**Treatment modalities or clinical approaches:**

- Acceptance & Commitment
- Behavioral
- Cognitive Behavioral (CBT)
- Exposure Therapies
- Integrative
- Parent Child Interaction
- Psychodynamic
- Tailored to the Individual



# THE CHILD & FAMILY INSTITUTE

THE CHILD & FAMILY INSTITUTE  
121 Neperan Rd  
Tarrytown, NY 10591



Email: [info@childfamilyinstitute.com](mailto:info@childfamilyinstitute.com)  
Website: [www.childfamilyinstitute.com](http://www.childfamilyinstitute.com)  
Intake Number: (914) 439-5759

## Access to Clinical Services:

- Offering in-person counseling: **Yes**
- Offers telehealth counseling: **Yes**
- Offering clinical supports after office hours: **Yes**

## Clinic Locations:

- Brooklyn, NY
- Harrison, NY
- Mount Kisco, NY
- New York, NY
- Scarsdale, NY
- Tarrytown, NY
- Virtual

## Payment options offered:

- Self-Pay: **Yes**
- Sliding scale: **Yes**
- Pro bono/Scholarships: **Yes**
- Insurances accepted: **No**

## **Meet DR. LAURA GRASHOW,** Psychologist

(914) 874-1029

[drlauragrashowcfi@gmail.com](mailto:drlauragrashowcfi@gmail.com)



**Dr. Laura Grashow's faith affects the Clinician's view and practice in counseling as reflected by the statement:**

*"I am very comfortable with any level of Jewish observance and respecting and integrating that into my treatment in terms of beliefs and practice."*

Dr. Laura Grashow is **very comfortable** working with a client whose faith is important to them. The Clinician's intake process **includes** questions regarding potential client's faith, religion, or spirituality. The Clinician identifies as **Jewish** and is **slightly active** in their faith tradition and is **very comfortable** sharing their own spiritual beliefs in sessions to assist in the therapeutic process as appropriate. The Clinician is open to incorporating holistic practices in therapy sessions with client's consent or request including **mindfulness, prayer, and bibliotherapy including faith, religious, or spiritual books/literature.**

### **Credentials:**

- Psychologist: Psy.D.

### **Language(s) spoken by clinician:**

- English

### **Areas of expertise:**

- ADHD
- Adolescent
- Anxiety
- Asperger's Syndrome
- Autism
- Behavioral Issues
- Children
- Depression
- Divorce
- Family
- Learning Disability
- Oppositional Defiance
- Parenting
- Relationship Issues
- Self-Esteem
- Stress

### **Treatment modalities or clinical approaches:**

- Cognitive Behavioral (CBT)
- Dialectical Behavioral Therapy (DBT)
- Family
- Integrative
- Mindfulness-Based (MBCT)
- Parent Child Interaction
- Play Therapy
- Psychodynamic
- Rational Emotive Behavior (REBT)

## **Meet DR. PREETI SAIGAL, Pediatric Neuropsychologist**

(202) 320-3383

drpreetisaigal@gmail.com



**Dr. Preeti Saigal faith affects the Clinician's view and practice in counseling as reflected by the statement:**

*"If it's important to the person/family I am working with, then it's important to our work. I have respect for any and all faiths and open to collaborating with clergy when relevant from various faiths to support my patients as needed."*

Dr. Preeti Saigal is **very comfortable** working with a client whose faith is important to them. The Clinician's intake process **includes** questions regarding potential client's faith, religion, or spirituality. The Clinician **does not identify with any specific faith** and is **not active** in their faith tradition and is **not comfortable** sharing their own spiritual beliefs in sessions to assist in the therapeutic process as appropriate. The Clinician is open to incorporating holistic practices in therapy sessions with client's consent or request including **mindfulness**.

### **Credentials:**

- Psychologist: Ph.D.

### **Language(s) spoken by clinician:**

- English

### **Areas of expertise:**

- ADHD
- Adolescent
- Anxiety
- Asperger's Syndrome
- Autism
- Behavioral Issues
- Children
- Chronic Pain/Illness
- Depression
- Grief
- Learning Disability
- Obsessive-Compulsive Disorder
- Racial Identity
- Self-Esteem
- Sleep or Insomnia
- Stress
- Testing & Evaluation
- Traumatic Brain Injury
- Women's Issues

### **Treatment modalities or clinical approaches:**

- Acceptance & Commitment
- Cognitive Behavioral (CBT)
- Dialectical Behavioral Therapy
- Exposure Therapies
- Humanistic
- Integrative
- Mindfulness-Based (MBCT)
- Motivational Interviewing
- Person Centered
- Psychodynamic
- Solution Focus Brief Therapy

**Meet DR. ADAM WEISSMAN,** Founding President and Chief

Psychologist, Tarrytown, NY

DrAdamWeissman@gmail.com



**Dr. Adam Weissman's faith affects the Clinician's view and practice in counseling as reflected by the statement:**

*"I am continuously exploring my own spirituality and the answers to life's big questions. I wholeheartedly support and encourage a patient's spirituality to be a part of their therapeutic journey."*

Dr. Adam Weissman is **very comfortable** working with a client whose faith is important to them. The Clinician's intake process **includes** questions regarding potential client's faith, religion, or spirituality. The Clinician identifies as **Jewish** and is **active** in their faith tradition and is **comfortable** sharing their own spiritual beliefs in sessions to assist in the therapeutic process as appropriate. The Clinician is open to incorporating holistic practices in therapy sessions with client's consent or request including **mindfulness, prayer, and bibliotherapy including faith, religious, or spiritual books/literature.**

**Credentials:**

- Psychologist: Ph.D.

**Language(s) spoken by clinician:**

- English

**Areas of expertise:**

- ADHD
- Adolescent
- Anxiety
- Behavioral Issues
- Children
- Depression
- Family
- Learning Disability
- Obsessive-Compulsive Disorder
- Oppositional Defiance
- Parenting
- Self-Esteem
- Stress
- Suicidal Ideation
- Testing & Evaluation
- Testing & PTSD
- Video Game Addiction

**Treatment modalities or clinical approaches:**

- Acceptance & Commitment
- Cognitive Behavioral (CBT)
- Dialectical Behavioral Therapy (DBT)
- Exposure Therapies
- Family
- Parent Child Interaction
- Trauma Focused

# THE NEW HOPE, MHCS

## THE NEW HOPE MENTAL HEALTH COUNSELING SERVICES

17 W. Merrick Rd  
Valley Stream, NY 11580



Email: [seyma@thenewhopemhcs.com](mailto:seyma@thenewhopemhcs.com)

Website: [www.thenewhopemhcs.com](http://www.thenewhopemhcs.com)

Intake Number: (516) 459-2920 AND (928) 446-5799

### Access to Clinical Services:

- Offering in-person counseling: **Yes**
- Offers telehealth counseling: **Yes**
- Offering clinical supports after office hours: **Yes**

### Clinic Locations:

- Rockville Centre, NY
- Valley Stream, NY
- Virtual

### Payment options offered:

- Self-Pay: **Yes**
- Sliding scale: **No**
- Pro bono/Scholarships: **No**
- Insurances accepted: **Yes**

### Insurances Accepted:

- Aetna
- Affinity
- Amerigroup
- Anthem
- Beacon
- Blue Cross
- Blue Shield
- Cigna EmblemHealth
- GEHAGHI
- HIP
- HealthFirst
- HealthPlus
- Humana
- MagnaCare
- Meridian Health
- Metrolus Health Plan
- NYSHIP/ NY State Empire Plan
- Optum
- Oxford
- TRICARE
- UMR
- UnitedHealthcare UHC/UBH
- 1199

## **Meet SEYMA ALVARADO, LMHC, Clinical Supervisor**

Seyma Alvarado's faith affects the Clinician's view and practice in counseling as reflected by the statement:



*"I keep my faith separate from my theoretical approach. When clients have requested a Christian therapist and directly ask about religious exercises I encourage the client to implement the religious intervention they feel comfortable applying to their lifestyle."*

Seyma Alvarado is **comfortable** working with a client whose faith is important to them. The Clinician's intake process **includes** questions regarding potential client's faith, religion, or spirituality. The Clinician identifies as a **Protestant** who is **active** in their faith tradition and is **slightly comfortable** sharing their own spiritual beliefs in sessions to assist in the therapeutic process as appropriate. The Clinician is open to incorporating holistic practices in therapy sessions with client's consent or request including **mindfulness**.

### **Credentials:**

- Mental Health Counselor: LMHC

### **Language(s) spoken by clinician:**

- English

### **Areas of expertise:**

- Adolescent
- Anxiety
- Borderline Personality
- Depression
- Self-Esteem
- Self-Harming
- Stress
- Suicidal Ideation
- Trauma & PTSD

### **Treatment modalities or clinical approaches:**

- Adlerian
- Cognitive Behavioral (CBT)
- Dialectical behavioral Therapy (DBT)
- Gestalt
- Interventions
- Motivational Interviewing
- Person Centered Psychodynamic
- Rational Emotive Behavior (REBT)

# THERAPY NOW

Zhuta Enterprises  
27 Fifth St  
Stamford, CT 06905



Email: [therapynow.com@gmail.com](mailto:therapynow.com@gmail.com)

Website: [www.psychtherapynow.com](http://www.psychtherapynow.com)

Intake Number: (203) 525-6496

## Access to Clinical Services:

- Offering in-person counseling: **Yes**
- Offers telehealth counseling: **Yes**
- Offering clinical supports after office hours: **Yes**

## Clinic Locations:

- Stamford, CT
- Virtual

## Payment options offered:

- Self-Pay: **Yes**
- Sliding scale: **Yes**
- Pro bono/Scholarships: **No**
- Insurances accepted: **Yes**

## Insurances Accepted:

- Beacon
- Blue Cross
- Blue Shield
- EmblemHealth
- MultiPlan
- Optum
- Oxford
- UnitedHealthcare UHC/UBH

## Meet MENDIM ZHUTA, Chief Clinician, LMFT

Mendim Zhuta faith affects the Clinician's view and practice in counseling as reflected by the statement:

*"I view my practice as a ministry."*

Mendim Zhuta is **very comfortable** working with a client whose faith is important to them. The Clinician's intake process **includes** questions regarding potential client's faith, religion, or spirituality. The Clinician identifies as Spiritual, is **very active** in their faith tradition and is **very comfortable** sharing their own spiritual beliefs in sessions to assist in the therapeutic process as appropriate. The Clinician is open to incorporating holistic practices in therapy sessions with client's consent or request including **mindfulness, prayer, scripture and bibliotherapy including faith, religious, or spiritual books/literature.**

**Credentials:**

- Marriage and Family Therapist: LMFT

**Language(s) spoken by clinician:**

- English



**Areas of expertise:**

- Addiction
- Alcohol Use
- Anger Management
- Anxiety
- Bipolar Disorder
- Borderline Personality
- Career Counseling
- Codependency
- Couples
- Depression
- Divorce
- Domestic Violence
- Drug Abuse
- Dual Diagnosis
- Family
- Gambling
- Infidelity
- Internet Addiction
- Marriage
- Narcissistic Personality
- Obsessive-Compulsive Disorder
- Parenting
- Relationship Issues
- Sex Therapy
- Stress
- Sexual Addiction
- Spirituality
- Sports Performance
- Stress
- Substance Use/Abuse
- Women's Issues

**Treatment modalities or clinical approaches:**

- Adlerian
- Christian Counseling
- Cognitive Behavioral (CBT)
- Couples/Marital
- Family
- Gestalt
- Hypnotherapy
- Mindfulness-Based (MBCT)
- Parent Child Interaction
- Psychodynamic

# VALDEZ, WENDY, LCSW

WENDY VALDEZ, LCSW  
Currently Only Offers Telehealth



Email: wendy.valdezlcsw@gmail.com  
Intake Number: (646) 948-4100 AND (646) 409-1797

## Access to Clinical Services:

- Offering in-person counseling: **No**
- Offers telehealth counseling: **Yes**
- Offering clinical supports after office hours: **No**

## Clinic Locations:

- Monroe, NY
- Virtual

## Payment options offered:

- Self-Pay: **Yes**
- Sliding scale: **Yes**
- Pro bono/Scholarships: **No**
- Insurances accepted: **Yes**

## Insurances Accepted:

- Aetna
- Blue Cross
- Blue Shield
- Cigna
- Optum

## Meet WENDY VALDEZ, Licensed Clinical Social Worker

Wendy Valdez's faith affects the Clinician's view and practice in counseling as reflected by the statement:

*"The scripture, prayer, and the truth of the word has been a guiding tool in helping clients achieve their peace and healing. I like to use an integrative approach to treatment-specializing in children, adolescents, and young adults navigate through relationships, life stressors, and life choices."*

Wendy Valdez is **very comfortable** working with a client whose faith is important to them. The Clinician's intake process **includes** questions regarding potential client's faith, religion, or spirituality. The Clinician identifies as **Christian** and is **very active** in their faith tradition and is **comfortable** sharing their own spiritual beliefs in sessions to assist in the therapeutic process as appropriate. The Clinician is open to incorporating holistic practices in therapy sessions with client's consent or request including **mindfulness, prayer, and scripture**.

## Credentials:

- Social Worker: LCSW

**Language(s) spoken by clinician:**

- English

**Areas of expertise:**

- ADHD
- Adolescent
- Anger Management
- Anxiety
- Autism
- Behavioral Issues
- Career Counseling
- Couples/Marital
- Chronic Pain
- Depression
- Dual Diagnosis

**Treatment modalities or clinical approaches:**

- Acceptance & Commitment
- Cognitive Behavioral (CBT)
- Cognitive Processing (CPT)
- Dialectical Behavioral Therapy (DBT)
- Exposure Therapies
- Integrative

- Spanish



- Family
- Grief
- Learning Disability
- Life Coach
- Parenting
- Relationship Issues
- Self-Esteem
- Stress
- Trauma & PTSD
- Women's Issues

- Mindfulness-Based (MBCT)
- Motivational Interviewing
- Parent Child Interaction
- Psychodynamic
- Solution Focus Brief Therapy
- Trauma Focused

# WESTCHESTER JEWISH COMMUNITY SERVICES (WJCS)



WESTCHESTER JEWISH COMMUNITY SERVICES  
845 North Broadway  
White Plains, NY 10603

Email: [admitting@wjcs.com](mailto:admitting@wjcs.com)

Website: [www.wjcs.com](http://www.wjcs.com)

Intake Number: (914) 737-7338 ext 3119

## Access to Clinical Services:

- Offering in-person counseling: **Yes**
- Offers telehealth counseling: **Yes**
- Offering clinical staff available after office hours for emergencies: **Yes**

## Clinic Locations:

- Hartsdale, NY
- Mt. Vernon, NY
- Virtual
- Peekskill, NY
- White Plains, NY
- Yonkers, NY

## Payment options offered:

- Self-Pay: **Yes**
- Sliding scale: **Yes**
- Scholarships/Pro bono: **Yes**
- Insurances: **Yes**

## Insurances Accepted:

- Aetna
- Affinity
- Anthem
- Blue Cross
- Blue Shield
- Emblem
- Fidelis
- HealthFirst
- Medicaid
- MVP Health Care
- Oxford
- UMR
- 1199

**Meet PATRICIA GROSSMAN, Developmental Disabilities Director, LCSW**  
WJCS – Hartsdale, NY  
Email: pgrossman@wjcs.com



**Patricia Grossman’s faith affects the Clinician’s view and practice in counseling as reflected by her statement:**

*“My faith guides my thinking, my decisions and provides a centering force in my life and my work.”*

Patricia Grossman is **very comfortable** working with a client whose faith is important to them. The Clinician’s intake process **includes** questions regarding potential client’s faith, religion, or spirituality. The Clinician identifies as **Jewish** and **very active** in their faith tradition and is **comfortable** sharing their own spiritual beliefs in session to assist in the therapeutic process. The Clinician is open to incorporating mindfulness practices in therapy session with client’s consent or request including **mindfulness**

**Credentials:**

- Social Worker: LCSW

**Language(s) spoken by clinician:**

- English

**Areas of expertise:**

- Anxiety
- Asperger’s Syndrome
- Autism
- Bipolar Disorder
- Depression
- Intellectual Disability
- Learning Disability
- Self-Esteem
- Stress

**Treatment modalities or clinical approaches:**

- Cognitive Behavioral (CBT)
- Humanistic
- Integrative
- Motivational Interviewing
- Person Centered
- Psychodynamic
- Solution Focus Brief Therapy

## Meet ANA RODGERS, Licensed Master Social Worker

Yonkers, NY

S.W.I.M.

### **Ana Rodgers's faith affects the Clinician's view and practice in counseling as reflected by the clinician's statement:**

*"Through my faith experience and beliefs, I've come to understand how a faith practice is deeply connected to our sense of self, our gratitude, values, sense of safety, outlook on life (hope, optimism) and ultimately this can have a strong impression on our mental well being. It is my hope in working with clients that they can establish a relationship to a higher power which allows them to seek a locus of control internally that is accepting, healthy, compassionate and that they can learn that a higher power or God is an unconditional source of support."*

Ana Rodgers is **very comfortable** working with a client whose faith is important to them. The Clinician's intake process includes questions regarding potential client's faith, religion, or spirituality. The Clinician identifies as **non-denominational Christian** and **very active** in their faith tradition and is **very comfortable** sharing their own spiritual beliefs in session to assist in the therapeutic process. The Clinician is open to incorporating holistic practices in therapy session with client's consent or request including **mindfulness, prayer, scripture, and bibliotherapy including faith, religious, or spiritual books/literature.**

#### **Credentials:**

- Social Worker: CSW

#### **Language(s) spoken by clinician:**

- English

#### **Areas of expertise:**

- ADHD
- Addiction
- Adolescent
- Alcohol Use
- Anxiety
- Behavioral Issues
- Children
- Divorce
- Domestic Violence
- Dual Diagnosis
- Family
- Grief
- Parenting
- Pregnancy
- Postpartum
- Relationship Issues
- Self Esteem
- Sexual Abuse
- Spirituality
- Stress
- Substance Use
- Suicidal Ideations
- Trauma & PTSD
- Women's Issues

**Treatment modalities or clinical approaches:**

- Child Parent Psychotherapy
- Cognitive Behavioral (CBT)
- Family

- Play Therapy
- Trauma Focused
- Trauma Systems Treatment



**Meet DAPHNE SWINTON**, Licensed Mental Health Counselor

Hartsdale, NY

Email: dswinton@wjcs.com



**Daphne Swinton’s faith affects the Clinician’s view and practice in counseling as reflected by clinician’s statement:**

*“Faith, religion, and spirituality can be an important, but often overlooked, aspect of mental wellness. As a Christian, my faith is extremely important to me, it supports and sustains me. I also recognize, respect, and appreciate that everyone has diverse faith beliefs and/or tradition. In providing care, I like to consider the client's self identified cultural formation, including the role of a person's faith, religion, and spirituality as a cause, context, and support of their overall mental health. In therapeutic sessions these concepts are incorporated based upon the importance to the client.”*

Daphne Swinton is **very comfortable** working with a client whose faith is important to them. The Clinician’s intake process **includes** questions regarding potential client’s faith, religion, or spirituality. The Clinician identifies as a **Christian** and **very active** in their faith tradition and is **comfortable** sharing their own spiritual beliefs in session to assist in the therapeutic process. The Clinician is open to incorporating holistic practices in therapy session with client's consent or request including **mindfulness, prayer, scripture, and bibliotherapy including faith, religious, or spiritual books/literature.**

**Credentials:**

- Clergy
- Mental Health Counselor: LMHC

**Language(s) spoken by clinician:**

- English

**Areas of expertise:**

- Anxiety
- Depression
- Domestic Violence
- Grief
- Racial Identity
- Relationship Issues
- Self Esteem
- Sexual Abuse
- Trauma & PTSD
- Women’s Issues

**Treatment modalities or clinical approaches:**

- Christian Counseling
- Cognitive Behavioral (CBT)
- Dialectical Behavioral Therapy (DBT)
- Motivational Interviewing
- Person Centered
- Solution Focus Brief Therapy
- STAIR-NT
- Trauma Focused

# WESTCHESTER MENTAL HEALTH COUNSELING



WESTCHESTER MENTAL HEALTH COUNSELING  
280 Dobbs Ferry Rd, Suite 200  
White Plains, NY 10607

Email: [terrance.nicholls@gmail.com](mailto:terrance.nicholls@gmail.com)

Website: [www.westchestermentalhealth.com](http://www.westchestermentalhealth.com)

Intake Number: (973) 886-8209

## Access to Clinical Services:

- Offering in-person counseling: **Yes**
- Offers telehealth counseling: **Yes**
- Offering clinical staff available after office hours for emergencies: **No**

## Clinic Locations:

- White Plains, NY
- Virtual

## Payment options offered:

- Self-Pay: **Yes**
- Scholarships/Pro bono: **No**
- Sliding scale: **No**
- Insurances: **No**

## Meet TERRANCE NICHOLLS, Licensed Mental Health Counselor

Terrance Nicholls' faith affects the Clinician's view and practice in counseling as reflected by their statement:

*"I align my guidance with scriptures. I conduct myself in ways that are congruent with my beliefs."*

Terrence Nicholls is **very comfortable** working with a client whose faith is important to them. The Clinician's intake process **does not include** questions regarding potential client's faith, religion, or spirituality. The Clinician identifies as a **Christian** who is **very active** in their faith tradition and is **very comfortable** sharing their own spiritual beliefs in session to assist in the therapeutic process. The Clinician is open to incorporating holistic practices in therapy session with client's consent or request including **mindfulness, prayer, and scripture**.

## Credentials:

- Mental Health Counselor: LMHC

## Language(s) spoken by clinician:

- English

**Areas of expertise:**

- Anger Management
- Anxiety
- Bipolar Disorder
- Borderline Personality
- Career Counseling
- Couples
- Depression

**Treatment modalities or clinical approaches:**

- Adlerian
- Cognitive Behavioral (CBT)
- Couples/Marital

- Dual Diagnosis
- Marriage
- Men's Issues
- Parenting
- Relationship Issues
- Self Esteem
- Stress



- Dialectical Behavioral Therapy (DBT)
- Person Centered
- Solution Focused /Brief Therapy

# WHITTAKER PSYCHOLOGICAL SERVICES



## WHITTAKER PSYCHOLOGICAL SERVICES

125 Glendale Rd  
Scarsdale, NY 10583

Email: [Whittakerpsyservices@gmail.com](mailto:Whittakerpsyservices@gmail.com)

Website: [www.whittakerpsychologicalservices.com](http://www.whittakerpsychologicalservices.com)

Intake Number: (914) 223-9912

### Access to Clinical Services:

- Offering in-person counseling: **No**
- Offers telehealth counseling: **Yes**
- Offering clinical staff available after office hours for emergencies: **No**

### Clinic Locations:

- White Plains, NY
- Virtual

### Payment options offered:

- Self-Pay: **Yes**
- Sliding scale: **No**
- Scholarships/Pro bono: **No**
- Insurances: **Yes**

### Insurances Accepted:

- Beacon
- Blue Cross
- Blue Shield
- Cigna
- EmblemHealth
- MVP Health Care
- UnitedHealthcare UHC/UBH
- 1199

## Meet DR. OSHIKA WHITTAKER, Licensed Psychologist

Oshika Whittaker's faith affects the Clinician's view and practice in counseling as reflected by their statement:

*"It acts as a guide to how I work with clients."*

Dr. Oshika Whittaker is very comfortable working with a client whose faith is important to them. The Clinician's intake process **includes** questions regarding potential client's faith, religion, or spirituality. The Clinician identifies as a **Christian** who is **very active** in their faith tradition and is **very comfortable** sharing their own spiritual beliefs in session to assist in the therapeutic process. The Clinician is open to incorporating holistic practices in therapy session with client's consent or request including **mindfulness, prayer, scripture, and bibliotherapy including faith, religious, or spiritual books/literature.**

**Credentials:**

- Psychologist: Ph.D.

**Language(s) spoken by clinician:**

- English

**Areas of expertise:**

- ADHD
- Anger Management
- Anxiety
- Behavior Issues
- Children
- Couples
- Depression
- Family
- Intellectual Disability
- Learning Disability
- Marriage
- Obsessive-Compulsive Disorder
- Parenting
- Self Esteem
- Spirituality
- Testing & Evaluation
- Trauma & PTSD

**Treatment modalities or clinical approaches:**

- Cognitive Behavior Therapy (CBT)
- Couples/Marital
- Family
- Person Centered
- Solution Focused /Brief Therapy



# WITH GOD'S HELP, LICENSED CLINICAL SOCIAL WORK, LLC



WITH GOD'S HELP  
42 East Williams Ave  
Hillcrest, NY 10977-3077

Email: [withgodshelp.lcsw@gmail.com](mailto:withgodshelp.lcsw@gmail.com)

Website: [www.withgodshelpmmsw.wixsite.com/withgodshelp](http://www.withgodshelpmmsw.wixsite.com/withgodshelp)

Intake Number: (845) 659-9270

## Access to Clinical Services:

- Offering in-person counseling: **No**
- Offers telehealth counseling: **Yes**
- Offering clinical staff available after office hours for emergencies: **Yes**

## Clinic Locations:

- Hillcrest, NY
- Virtual

## Payment options offered:

- Self-Pay: **Yes**
- Sliding scale: **Yes**
- Scholarships/Pro bono: **No**
- Insurance Accepted: **Yes**

## Insurances Accepted:

- Beacon
- Cigna
- EmblemHealth
- GHI
- Medicare
- Optum
- Oxford

## Meet SYLVIA WRIGHT, LCSW, Master CASAC

Sylvia Wright's faith affects the Clinician's view and practice in counseling as reflected by their statement:

*"My faith helps me offer/create an atmosphere of hope in and for the persons seeking my counsel."*

Sylvia Wright is **very comfortable** working with a client whose faith is important to them. The Clinician's intake process **includes** questions regarding potential client's faith, religion, or spirituality. The Clinician's identifies as **Non-Denominational/Protestant/Baptist/Evangelical** and is **very active** in their faith tradition and is very comfortable sharing their own spiritual beliefs in session to assist in the therapeutic process. The Clinician is open to incorporating holistic practices in therapy session with client's consent or request including **mindfulness, prayer, and scripture, bibliotherapy including faith, religious, or spiritual books/literature.**

**Credentials:**

- CASAC

**Language(s) spoken by clinician:**

- English

**Areas of expertise:**

- Addiction
- Anxiety
- Career Counseling
- Couples
- Depression
- Divorce
- Drug Abuse
- Dual Diagnosis

**Treatment modalities or clinical approaches:**

- Christian Counseling
- Cognitive Behavioral (CBT)
- Couples/Marital
- Motivational interviewing

- Social Worker: LCSW



- Grief
- Internet Addiction
- Parenting
- Relationship Issues
- Self Esteem
- Spirituality
- Trauma & PTSD

- Person Centered
- Solution Focused /Brief Therapy
- Trauma Focused

# WOMEN OF WORTH, LCSW

WOMEN OF WORTH, LCSW  
Currently Only Offers Telehealth



Email: [womenofworthlcsw@gmail.com](mailto:womenofworthlcsw@gmail.com)  
Website: [www.womenofworthlcsw.com](http://www.womenofworthlcsw.com)  
Intake Number: (929) 220-2697

## Access to Clinical Services:

- Offering in-person counseling: **No**
- Offers telehealth counseling: **Yes**
- Offering clinical supports after office hours: **No**

## Clinic Locations:

- Bronx, NY
- Virtual

## Payment options offered:

- Self-Pay: **Yes**
- Sliding scale: **Yes**
- Pro bono/Scholarships: **Yes**
- Insurances accepted: **Yes**

## Insurances Accepted:

- Aetna
- Blue Cross
- Blue Shield
- Cigna
- Optum
- Oscar Health
- Oxford
- UMR
- UnitedHealthcare UHC/UBH

## Meet SHAQUALA FIELDS, Founder, LCSW

Shaquala Fields's faith affects the Clinician's view and practice in counseling as reflected by the statement:

*"My faith is what gives me the passion for the work I do. It allows me to see all of my clients as people deserving of grace and hope. It allows me to do my work without judgement."*

Shaquala Fields is **very comfortable** working with a client whose faith is important to them. The Clinician's intake process **does not include** questions regarding potential client's faith, religion, or spirituality. The Clinician identifies as a **Protestant** who is **active** in their faith tradition and is **very comfortable** sharing their own spiritual beliefs in sessions to assist in the therapeutic process as appropriate. The Clinician is open to incorporating holistic practices in therapy sessions with client's consent or request including **prayer, scripture, and bibliotherapy including faith, religious, or spiritual books/literature**

**Credentials:**

- Social Worker: LCSW

**Language(s) spoken by clinician:**

- English

**Areas of expertise:**

- ADHD
- Anger Management
- Anxiety
- Career Counseling
- Depression
- Divorce
- Dual Diagnosis
- Family
- Grief
- Life Coach
- Obsessive-Compulsive Disorder
- Parenting
- Pregnancy
- Postpartum
- Racial Identity
- Relationships
- Self-Esteem
- Spirituality
- Stress
- Trauma & PTSD
- Women's Issues

**Treatment modalities or clinical approaches:**

- Christian Counseling
- Cognitive Behavioral (CBT)
- Motivational Interviewing
- Person Centered
- Psychodynamic
- Solution Focus Brief Therapy
- Trauma Focused



## **INDEX BY AGENCY'S NAME**

- Attainable Hope Psychology Service (p.1)
- B/R Neuropsychological Offices (p.7)
- Centering Wholeness Counseling (p.13)
- Cheryl A Burton Consulting (p.15)
- Clear Directions NY (p.17)
- Counseling Psychology, PC LMFT (p.19)
- Family Services of Westchester (p.27)
- Fully Integrated Psychotherapy & Consultation (p.30)
- Giving Hope, LLC (p.32)
- Godsend Psychological Services PLLC (p.34)
- Good Soul Psychotherapy, LCSW, PLLC (p.36)
- Healing On Us, LLC (p.42)
- Holding Hands Counseling (p.44)
- Hope Counseling Solutions (p.46)
- Hudson Valley Friends of Mental Health (p.48)
- In Motion Mental Health Counseling (p.50)
- Jeanne Mcdermott Counseling (p.52)
- Joshua Tal, Ph.D., And Associates PLLC (p.54)
- JRJ Therapy (p.56)
- Movement To Moment Wellness, LCSW, PLLC (p.64)
- Neas Mindfulness Therapy PLLC (p.68)
- North Node Therapy (p.72)
- NY Wellness (p.74)
- Personal Life Wellness Marriage And Family Therapy PLLC (p.78)
- Regaining Life Counseling (p.80)
- Reenvision Marriage and Family Therapy (p.82)
- Shift Your Journey Mental Health Counseling, PLLC (p.86)
- Southern Westchester Marriage Counseling (p.88)
- The Child & Family Institute (p.92)
- The New Hope Mental Health Counseling Services (p.96)
- Therapy Now (p.98)
- Westchester Jewish Community Services (WJCS) (p.102)
- Westchester Mental Health Counseling (p.107)
- Whittaker Psychological Services (p.109)
- With God's Help, Licensed Clinical Social Work, LLC (p.111)
- Women of Worth, LCSW (p.113)

## **INDEX BY PROVIDER'S NAME**

- Addow-Langlais, Grace, LMHC (p.86)
- Alexander Jr., Steve, LMHC (p.74)
- Alvarado, Seyma, LMHC (p.96,97)
- Barrett, Karlene, PhD (p.1)
- Becker-Weidman, Emily, PhD (p.3)
- Bell, Elijah PhD (p.7)
- Blatt, Rena, LCSW (p.5)
- Boatswain, Brenda, PhD (p.34)
- Bounds, Brent PhD (p.9)
- Burgess, Naeema, MS, ABSNP-D (p.32)
- Burton, Cheryl A., DSW, LCSW-R (p.15)
- Cataldo, Lisa MDiv., PhD, LP (p.11)
- Coniglio, George, Minister (p.48)
- Delph, Denise, LCSW-R (p.21)
- Demopoulos, Sandra, LCSW-R (p.23)
- Diaz, Maria, LMHC (p.25)
- Dor, Kathy, LCSW (p.36)
- Fields, Shaquala, LCSW (p.114)
- Furtick, Marlene LMSW (p.27, 28)
- Gaffney, Sonya, LMHC (p.50)
- Garrick, Feona, LCSW (p.46)
- Grashow, Laura, PhD (p.92, 93)
- Grossman, Patricia, LCSW (p.38, 103)
- Harper, Felicia, LMHC (p.40)
- John, Noderea, LCSW (p.72)
- Johnson, Joyce R., MS, ED, CRC, LMHC, PhD (p.56)
- Lilley, Sherrie Lynn, MHC-LP (p.13)
- Mcentire, Azizah, LMHC (p.42)
- McDermott, Jeanne, LMFT (p.52)
- McGregor, Ronald, LCSW (p.58)
- Meadows, Dalphine E., LMSW (p.60)
- Moglia, Paul, PhD (p.19)
- Moody, Hasan, LCSW (p.62)
- Moser, Samantha, LMFT (p.17)
- Naushad, Humaira, LMHC (p.66)
- Neas, Luckdjyne, LCSW (p.68)
- Newborn, Marla Joi, LMSW (p.70)
- Nicholls, Terrance, LMHC (p.107)
- Nwabueze, Ritachi, MHC-LP (p.27,29)
- Park, Michelle S., LMFT (p.82)
- Pedroza, Damari, LMHC (p.45)
- Perelman, Hayley, PhD (p.76)
- Reckard, India, LCSW (p.64)
- Rodgers, Ana, LMSW (p.102,104)
- Rohan, Margaret M., LCSW (p.84)
- Saigal, Preeti, PhD (p.92,94)
- Singh, Joanne, LMHC ((p.30)
- Steckler, Nancy M., PhD (p.90)
- Swinton, Daphne, LMHC (p.102,106)
- Tal, Joshua, PhD (p.54)
- Valdez, Wendy, LCSW (p.100)
- Walkup, Jim, PhD (p.88)
- Weissman, Adam, PhD (p.92, 95)
- Williams, Sejginha, LMFT (p.78)
- Wright, Jataya, LCSW (p.80)
- Wright, Sylvia, PhD (p.111)
- Zhuta, Mendim, LMFT (p.98)
- Whittaker, Oshika, PhD (p.109)