Directory of
Faith
Affirming
Community
Mental
Health
Service
Providers
First Edition

Westchestergov.com

Michael Orth, Commissioner

Department of Community Mental Health

&

The Westchester County Interfaith Initiative

2022-2023

## CRISIS SERVICES: Available 24 hours / 7 days

Crisis Counselor Textline 741741,Text "HOME"

Suicide and Crisis Lifeline Dial - 988

OASAS SUD Crisis Line (877)-8-HOPENY

Crisis Prevention and Response Team (914) 925-5959

St. Vincent's Hospital -

A Division of St. Joseph's Medical Center

Hope's Door (888) 438-8700

Domestic Violence Crisis 24 Hour Hotline

My Sister's Place (888) 298-7233

Domestic Violence Crisis 24 Hour Hotline

The Trevor Project (866) 488-7386

Website: <u>www.thetrevorproject.org</u>

Youth support in crisis of feeling suicidal specializing in LGBTQi+

## **ADDITIONAL RESOURCES**

**Westchester County Department of Community Mental Health** 

Website: https://mentalhealth.westchestergov.com

NAMI – National Alliance on Mental Illness, Website: <a href="https://www.nami.org/Home">https://www.nami.org/Home</a>

NAMI is dedicated to improving the lives of millions of Americans affected by mental illness.

The Steve Fund, Website: <a href="https://www.stevefund.org/about/">https://www.stevefund.org/about/</a>

Promoting the mental health and emotional well-being of young people of color.

**SAMSHA Substance Abuse and Mental Health Services Adminstration** 

Website: <a href="https://www.samhsa.gov/find-help">https://www.samhsa.gov/find-help</a>

Mental illness services and treatment center online locator

Soul Shop, Website: <a href="https://www.soulshopmovement.org/">https://www.soulshopmovement.org/</a>

Suicide awareness and prevention training for the faith community



**George Latimer County Executive** 

**Department of Community Mental Health** 

Michael Orth, M.S.W. Commissioner

# A MESSAGE FROM WESTCHESTER COUNTY DEPARTMENT OF COMMUNITY MENTAL HEALTH COMMISSIONER

Greetings,

The Westchester County Department of Community Mental Health is pleased to share a partnership with the Westchester Faith Based Community. The collaborative, The Westchester County Interfaith Initiative, has examined issues such as suicide and the houses of worship, and the intersectionality of faith and mental health services. One of the primary areas of focus for the committee has been connecting congregations and parishioners to local mental health services.

This effort led to the creation of **2022 Directory of Faith Affirming Community Mental Health Providers**. In collaboration with our Department of Community Mental Health, a comprehensive survey was distributed to agencies and clinician through Westchester County seeking providers who identified themselves as wanting to accept referrals from churches, synagogues, mosques, and other houses of worship with a sensitivity to the client's faith. Each provider reported their comfortability in working with individuals whose faith is important to them, as well as information regarding how their faith or spirituality affect their view and practice, expertise in treatment modalities, areas of practice, afterhours availability, and payment options.

With the information collected, we aim to further meet the mental health needs of the interfaith community.

Sincerely,

Michael Orth, MSW Commissioner

### HISTORY OF THIS DIRECTORY

Greetings,

On behalf of the Westchester County Interfaith Initiative Subcommittee, we are pleased to partner with the Department of Community Mental Health to offer this Directory of Faith Affirming Mental Health Providers.

In 2021, the initial Faith Affirming Questionnaire was created by Reverend Daphne Swinton and Minister Kimberly Murray Cruse in hopes of helping the faith community in need of mental health referrals. Quickly realizing that faith sensitive mental health counselors were needed in the community at large, with the support of their Pastors, Reverend Dr. Verlin D. Williams of Union Baptist Church and Reverend Dr. W. Franklyn Richardson of Grace Baptist Church, they partnered with Pat White of the Department of Community Mental Health. As a strategy to meet the mental health needs of the inter-faith community, they begin to collect relevant data of service providers willing to work with individuals who expressed faith is important to their treatment.

This ground-breaking Directory reflects services available to multiple faith traditions. There are fifty-eight interfaith providers representing thirty-six agencies plus private practices. The data that is displayed in the following pages delivers valuable clinical and faith affirming information that recipients of care may ponder. We believe churches, mosques, synagogues and other houses of worship will find this to be a valuable.

We would like to offer our sincere thanks to the Westchester County Executive George Latimer, Department of Community Mental Health Commissioner Michael Orth, Crystal Collins Director of Faith Based Initiatives and the mental health service providers who completed the questionnaire. Special thank you to the Department of Community Mental Health staff for their administrative assistance.

Sincerely,

Reverend Daphne Swinton, LMHC, MPA Union Baptist Church, White Plains, NY

Minister Kimberly Murray Cruse, MDiv Grace Baptist Church, Mount Vernon, NY

Patricia D. White, MPA
Department of Community Mental Health, Consultant

## **USING THE DIRECTORY/DISCLAIMER**

#### Clinician licensing status can be confirmed by going to the following site

https://www.op.nysed.gov/opsearches.htm
Each entry includes an agency's, provider's, or clinician's name, address, website, telephone number and brief description of services available and other relevant information as submitted by them. Because these details can change over time, you, the consumer or referring agency (wherein after Consumers) have the responsibility for contacting the agency, provider, or clinician for the most up-to-date information.

#### AGENCIES', PROVIDERS' and CLINICIANS' CONSENTS and RESPONSIBILITIES

Agencies, providers and clinicians listed in this Directory have consented to being listed in an electronic directory, an online tool for agencies, clients, and clergy seeking providers who are sensitive and culturally competent to care for people whose faith, religious, and/or spiritual needs are important to them. These agencies, providers, and clinicians have additionally consented to the collection of their data and to have their responses published online. Furthermore, they have committed to providing services in accordance with the ethical practices of their professional credentialing or licensing authority.

#### CONSUMERS' AND REFERRING ENTITIES' AGREEMENT and DIRECTORY DISCLAIMER

Westchester County Department of Community Mental Health and the Westchester County Interfaith Initiative Subcommittee are sharing information that was provided by providers, clinicians, and agencies who responded to and completed a Faith Affirming Questionnaire and at said time of completion consented to have their responses listed in this Directory of Faith Affirming resources.

The agencies, providers and clinicians have represented their credentials. Each of these credentials have established standards determined by the professional licensing entity, including the satisfaction of education and experiential requirements, and/or the successful completion of a comprehensive examination, and performance according to ethical counseling practices. Clinician's credentials are often renewable. The clinicians listed hold the sole responsibility to maintain certification / licensing requirements. If they are the subject of any adverse actions (e.g., suspension or revocation); they have the sole ethical responsibility to inform persons seeking services.

While significant effort was put into developing this Directory's format, we cannot guarantee the accuracy of the information contained within this Directory for any purpose, nor do we verify information provided by the agency, provider or clinician. We also do not endorse or guarantee the services provided by any agency, provider or clinician. We are not responsible for agency, provider or clinician compliance with legal requirements related to professional activities, or otherwise. We disclaim all liability and responsibility for any action or decision made in reliance on the information contained in this Directory, and for any loss or injury related to this Directory information or the use of this Directory. As consumers and referring entities accessing this Directory, you accept the terms and conditions of this agreement. This Directory's contents are the sole property of Westchester County Department of Community Mental Health and the Westchester County Interfaith Initiative Subcommittee and authors, and may only be used for personal and non-commercial purposes. The contents may not be reproduced, copied, disseminated, or used for any commercial purpose or in connection with a mailing list.

## **PROVIDERS**

\*To search by agency or provider see Index starting on page 115

## ATTAINABLE HOPE PSYCHOLOGY SERVICES

ATTAINABLE HOPE PSYCHOLOGY SERVICES 45 Dolson Ave, Suite A2 Middletown, NY 10940 S.W.J.M.

STEADFAST WOMEN IN MINISTRY, INC

Email: <u>Drbarrett@attainablehope.com</u>
Website: <u>www.attainablehope.com</u>
Intake Number: (845) 202-3445

#### **Access to Clinical Services:**

Offering in-person counseling: No
 Offers telehealth counseling: Yes

• Offering clinical supports after office hours: No

#### **Clinic Locations:**

Middletown, NY

Virtual

#### Payment options offered:

Self-Pay: YesSliding scale: Yes

Pro bono/Scholarships: NoInsurances accepted: Yes

#### **Insurances Accepted:**

Beacon

➤ Blue Cross

➤ Blue Shield

Cigna

ComPsych

➢ GHI

MVP Health Care

- Medicaid
- Medicare
- NYSHIP/ NY State Empire Plan

Optum

Oxford

UnitedHealthcare UHC/UBH

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## Meet DR. KARLENE BARRETT, Psychologist

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

"I believe in the intrinsic value of every human life, and that there is always hope in challenges we face. Faith is an avenue to support mental well-being. My firm belief is that there's always hope, that impossibilities can become possibilities, and that we should keep moving towards our dreams."

Dr. Karlene Barrett 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 **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 the rapy sessions with client's consent or request **depending on the appropriateness of the situation**.

#### **Credentials:**

CASAC

STEADFAST WOMEN IN MINISTRY, INC

• Psychologist: Ph.D.

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

• English

#### Areas of expertise:

- Anger Management
- Anxiety
- Chronic Illness/Pain
- Codependency
- Depression
- Domestic Violence
- Dual Diagnosis
- Grief

- Christian Counseling
- Cognitive Behavioral (CBT)
- Integrative
- Motivational interviewing

- Racial Identity
- Self-Esteem
- Sleep or Insomnia
- Spirituality
- Stress
- Substance Use/Abuse
- Trauma & PTSD
- Women's Issues
- Person Centered
- Psychodynamic
- Trauma Focused

## BECKER-WEIDMAN, EMILY, Ph.D.

DR. EMILY BECKER-WEIDMAN, Ph.D 294 Harrington Ave Closter, NJ 07624



Email: emilybw@gmail.com
Website: www.dremilybw.com
Intake Number: (646) 389-6550

#### **Access to Clinical Services:**

Offering in-person counseling: Yes
Offers telehealth counseling: Yes

• Offering clinical supports after office hours: No

#### **Clinic Locations:**

Closter, NJ

Virtual

#### Payment options offered:

Self-Pay: YesSliding scale: Yes

Pro bono/Scholarships: NoInsurances accepted: No

## Meet DR. EMILY BECKER-WEIDMAN, Psychologist

Dr. Emily Becker-Weidman's faith affects the Clinician's view and practice in counseling as reflected by the statement:

"I can appreciate how faith is an important motivator and stabilizer. Faith is an important world view and foundation for personal values."

Dr. Emily Becker-Weidman 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**.

#### **Credentials:**

• Psychologist: Ph.D.

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

• English

#### Areas of expertise:

- ADHD
- Adolescent
- Adoption
- Anger Management
- Anxiety
- Asperger's Syndrome
- Autism
- Behavioral Issues
- Borderline Personality
- Career Counseling
- Children
- Depression
- Divorce
- Family

- Cognitive Behavioral (CBT)
- Dialectical Behavioral Therapy (DBT)
- Exposure Therapies
- Family
- Integrative



- Grief
- Infertility
- Life Coach
- Obsessive-Compulsive Disorder
- Oppositional Defiance
- Parenting
- Relationship Issues
- Self-Esteem
- Self-Harming
- Stress
- Suicidal Ideation
- Trauma & PTSD
- Women's Issues
- Mindfulness-Based (MBCT)
- Motivational Interviewing
- Parent Child Interaction
- Solution Focused Brief Therapy
- Trauma Focused

## **BLATT, RENA, LCSW**

Rena Blatt 13832 76<sup>th</sup> Ave Flushing, NY 11367



Email: mrenalcsw@gmail.com

Website: www.psychologytoday.com/us/therapists/rena-blatt-flushing-ny/913333

Intake Number: (347) 541-6612

#### **Access to Clinical Services:**

Offering in-person counseling: Yes
Offers telehealth counseling: Yes

• Offering clinical supports after office hours: Yes

#### **Clinic Locations:**

• Flushing, NY

Virtual

#### Payment options offered:

Self-Pay: YesSliding scale: Yes

Pro bono/Scholarships: YesInsurances accepted: NY

## Meet RENA BLATT, Licensed Clinical Social Worker

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

"I believe that having someone who is understanding of your values can be very beneficial to the therapeutic process. I believe everyone at their core is whole, pure and perfect sometimes things get in the way of being able to tap into that perfection, I look at my work as being able to get through the darkness that is preventing one's pure soul to shine through."

Rena Blatt 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 **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**, **prayer**, **scripture**, **and bibliotherapy including faith**, **religious**, **or spiritual books/literature**.

#### **Credentials:**

• Social Worker: LCSW

## Language(s) spoken by clinician:

• English

#### Areas of expertise:

- Addiction
- Adolescent
- Alcohol Abuse
- Anxiety
- Behavioral Issues
- Borderline Personality
- Depression
- Drug Abuse
- Eating Disorders

- Cognitive Behavioral (CBT)
- Dialectical Behavioral Therapy (DBT)
- Integrative



- Hebrew
- Relationship Issues
- Self-Esteem
- Self-Harming
- Spirituality
- Stress
- Substance Use/Abuse
- Suicidal Ideation
- Trauma & PTSD
- Women's Issues
- Motivational Interviewing
- Trauma Focused

## B/R NEUROPSYCHOLOGICAL OFFICES



B/R NEUROPSYCHOLOGICAL OFFICES P.O Box 352 Nanuet, NY 10954

Email: drbell6@gmail.com

Website: N/A

Intake Number: (718) 378-3540

#### **Access to Clinical Services:**

Offering in-person counseling: YesOffers telehealth counseling: Yes

Offering clinical supports after office hours: No

#### **Clinic Locations:**

• Bronx, NY

• Suffern, NY

#### Payment options offered:

Self-Pay: Yes

Sliding scale: No

#### **Insurances Accepted:**

Aetna

Cigna

Medicare

Medicaid

Virtual

Pro bono/Scholarships: No

Insurances accepted: Yes

> Optum

Oscar Health

Oxford

UnitedHealthcare UHC/UBH

## Meet DR. ELIJAH BELL, Psychologist

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

"Psychotherapy like Faith brings about change, if the person wants to make a difference in their life. Belief turns into motivation that drives action and direction towards their stated goals."

Dr. Elijah Bell 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 **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**.

#### **Credentials:**

Fellow

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

English

#### Areas of expertise:

- ADHD
- Addiction
- Alcohol Use
- Anxiety
- Autism
- Behavioral Issues
- Bipolar Disorder
- Couples
- Depression
- Divorce
- Drug Abuse
- Dual Diagnosis
- Eating Disorder
- Family
- Gambling
- Grief
- Treatment modalities or clinical approaches:
  - Cognitive Behavioral (CBT)
  - Integrative

- Infidelity
- Marriage
- Men's Issues
- Obsessive-Compulsive Disorder

STEADFAST WOMEN IN MINISTRY, INC

- Parenting
- Racial Identity
- Relationship Issues

• Psychologist: Ph.D.

- Self-Esteem
- Self-Harming
- Sex Therapy
- Sexual Abuse
- Substance Use/Abuse
- Testing & Evaluation
- Transgender
- Traumatic Brain Injury
- Motivational interviewing
- Solution Focus Brief Therapy

## **BOUNDS, BRENT, Ph.D.**

BRENT BOUNDS, PH.D. 67 Irving Place, Floor 6 New York, NY 10003 S.W.J.M.

STEADFAST WOMEN IN MINISTRY, INC

Email: <u>brentboundsphd@gmail.com</u>
Website: <u>www.brendboundsphd.com</u>

Intake Number: (646) 455-3539

#### **Access to Clinical Services**

Offering in-person counseling: Yes
Offers telehealth counseling: Yes

Offering clinical supports after office hours: Yes

#### **Clinic Locations:**

New York, NY

Virtual

#### Payment options offered:

Self-Pay: YesSliding scale: Yes

Pro bono/Scholarships: NoInsurances accepted: No

## Meet DR. BRENT BOUNDS, Ph.D.

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

"My faith is integral to my worldview. The value of every individual as created by God and their desire to know and be known."

Dr. Brent Bounds 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 **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's is open to incorporating holistic practices in therapy sessions with client's consent or request including **mindfulness**, **scripture**, **prayer**, **and bibliotherapy including faith**, **religious**, **or spiritual books/literature**.

#### **Credentials:**

• Psychologist: Ph.D.

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

English

## Areas of expertise:

- ADHD
- Addiction
- Adolescent
- Anxiety
- Behavioral Issues
- Children
- Depression
- Family
- Infidelity
- Internet Addiction

- Christian Counseling
- Cognitive Behavioral (CBT)

- Men's Issues
  STEADFAST WOMEN IN MINISTRY, INC
  Parenting
- Relationship Issues
- Self-Esteem
- Sexuality
- Spirituality
- Stress
- Couples/Marital
- Psychodynamic

## CATALDO, LISA, MDiv., Ph.D., LP

LISA M. CATALDO 360 East 55<sup>th</sup> St, #15F New York, NY 10022



Email: lcataldo.phd@gmail.com

Website: www.psychologytoday.com/us/therapists/lisa-cataldo-new-york-ny/87470

Intake Number: (646) 699-3845

#### **Access to Clinical Services:**

Offering in-person counseling: Yes
Offers telehealth counseling: Yes

Offering clinical supports after office hours: No

#### **Clinic Locations:**

Manhattan, NY

Virtual

#### Payment options offered:

Self-Pay: YesSliding scale: Yes

Pro bono/Scholarships: No

Insurances accepted: No

## Meet DR. LISA M. CATALDO, MDiv., Ph.D., LP

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

"I respect the power that faith can have in helping someone feel grounded, centered, and held. I am well-educated in multiple faith traditions. My own spiritual grounding in Catholic Christianity frames my respect for and valuing of the human person."

Dr. Lisa M. Cataldo 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 **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:**

Psychologist: Ph.D.

Licensed Psychoanalyst

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

English

## Areas of expertise:

- Anxiety
- Depression
- Grief
- Relationship Issues
- Self-Esteem
- Sexuality

- Humanistic
- Psychoanalytic

- Transgender
  STEADFAST WOMEN IN MINISTRY, INC
  Trauma & PTSD
- Women's Issues
- Psychodynamic
- Trauma Focused

## **CENTERING WHOLENESS COUNSELING MHC-LP**

CENTERING WHOLENESS COUNSELING 448 E 173rd Street, 2<sup>nd</sup> Floor Bronx, NY 10457



Email: sherrielynn@centeringwholeness.com; sherrielynnlilley@gmail.com

Website: www.centeringwholeness.com

Intake Number: (614) 896-3599 (718) 581-8759

#### **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: YesSliding scale: Yes

Pro bono/Scholarships: NoInsurances accepted: No

## <u>Meet SHERRIE LYNN LILLEY</u>, Licensed Mental Health Counselor Sherrie Lynn Lilley's faith affects the Clinician's view and practice in counseling as reflected by the statement:

"Although my faith is part of my core values and shapes my personal beliefs, imposing these on another is not a part of my therapeutic approach. However, I do believe that every client experiences my faith in God as expressed through the attributes such as kindness, thoughtfulness, understanding, empathy and care. These are a direct reflection of the love of God and are more important to me than any words spoken about faith. I seek to honor the person and let faith shine through in the way I show support and care.."

Sherrie Lynn Lilley 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** 

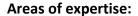
#### **Credentials:**

Life Coach

Mental Health Counselor: MHC-LP

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

• English



- Adoption
- Anxiety
- Couples
- Depression
- Divorce
- Disability
- Domestic Violence
- Grief
- Life Coach
- Parenting
- Pregnancy

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



- Postpartum
- Relationship Issues
- Self-Esteem
- Sexuality
- Support groups (Grief, DV/IPV, Parenting)
- Stress
- Suicidal Ideation
- Trauma & PTSD
- Women's Issues
- Person Centered
- Psychodynamic
- Rational Emotive Behavior (REBT)
- Solution Focus Brief Therapy
- Trauma Focused

## **CHERYL A. BURTON CONSULTING**

CHERYL A. BURTON, DSW, LCSW-R 5 Milton Street Hartsdale, NY 10530



Email: dr.cherylaburton@gmail.com
Website: www.drcherylburton.com
Intake Number: (914) 320-5052

#### **Access to Clinical Services:**

Offering in-person counseling: Yes
Offers telehealth counseling: Yes

• Offering clinical supports after office hours: No

#### **Clinic Locations:**

Hartsdale, NY

Virtual

#### Payment options offered:

Self-Pay: YesSliding scale: No

ding scale: **No**• Insurances accepted: **Yes** 

#### **Insurances Accepted:**

Aetna

Anthem

Beacon

Behavioral Health

Blue Cross

➢ Blue Shield

Cigna

➤ EmblemHealth

➢ GHI

MagnaCare

NYSHIP/ NY State Empire Plan

Pro bono/Scholarships: No

Optum

➢ POMCO

➤ UMR

UnitedHealthcare UHC/UBH

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## Meet Cheryl A Burton, DSW, LCSW-R

Cheryl A Burton's faith affects the Clinician's view and practice in counseling as reflected by the statement:

"I believe that the Holy Spirit is available for our access in all situations. I believe that healing and insight comes through our connection with the Holy Spirit."

Cheryl A Burton 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. 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:**

Life Coach

Social Worker: LCSW-R

• Social Worker: DSW



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

English

#### Areas of expertise:

- Addiction
- Adolescent
- Adoption
- Alcohol Use
- Anger Management
- Anxiety
- Behavioral Issues
- Chronic Illness/Pain
- Career Counseling
- Career/Personal Development
- Children
- Codependency
- Couples
- Depression
- Divorce
- Domestic Violence
- Drug Abuse
- Family

- Christian Counseling
- Cognitive Behavioral (CBT)
- Couples/Marital
- Existential
- Dialectical Behavioral Therapy
- Family
- Motivational Interviewing

- Spanish
- Grief
- Infidelity
- Life Coach
- Marriage
- Obsessive-Compulsive Disorder
- Oppositional Defiance
- Racial Identity
- Relationship Issues
- Self-Esteem
- Sexuality
- Sex Abuse
- Spirituality
- Stress
- Substance Use/Abuse
- Suicidal Ideation
- Trauma & PTSD
- Women's Issues
- Parent Child Interaction
- Person Centered
- Psychoanalytic
- Psychodynamic
- Solution Focus Brief Therapy
- Trauma Focus

## **CLEAR DIRECTIONS NY**

Clear Directions NY 353 Lexington Ave. New York, NY 10016 S.W.I.M.

STEADFAST WOMEN IN MINISTRY, INC

Email: <a href="mailto:care@clear2u.org">care@clear2u.org</a>
Website: <a href="mailto:www.clear2u.org">www.clear2u.org</a>
Intake Number: (646) 568-6667

#### **Access to Clinical Services:**

Offering in-person counseling: NoOffers telehealth counseling: Yes

• Offering clinical supports after office hours: No

#### **Clinic Locations:**

New York. NY

Virtual

#### Payment options offered:

Self-Pay: YesSliding scale: Yes

• Pro bono/Scholarships: No

 Insurances accepted: Can be submitted to insurance for remittance

## Meet SAMANTHA MOSER, Owner, LMFT

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

"With clients who deny this part of their treatment, I feel that my faith guides my presence and love towards my client. Recognizing that human suffering and their struggle is a sacred connection."

Samantha Moser 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. Clinician identifies as a **Protestant** 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**, **prayer**, **scripture**, **and Bibliotherapy including faith**, **religious**, **or spiritual books/literature**.



#### **Credentials:**

CASAC-T

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

• English

#### Areas of expertise:

- Adolescent
- Adoption
- Anger Management
- Anxiety
- Behavioral Issues
- Codependency
- Couples
- Divorce
- Domestic Violence
- Family
- Grief
- Infidelity
- Marriage

- Christian Counseling
- Cognitive Behavioral (CBT)
- Couples/Marital
- Dialectical Behavioral Therapy (DBT)
- Family

- Marriage and Family Therapist: LMFT
- Life Coach
- Men's Issues
- Oppositional Defiance
- Parenting
- Pregnancy
- Postpartum
- Racial Identity
- Relationship Issues
- Self-Esteem
- Sex Therapy
- Stress
- Women's Issues
- Mindfulness-Based (MBCT)
- Motivational Interviewing
- Solution Focus Brief Counseling
- Trauma Focused

## COUNSELING PSYCHOLOGY, PC

COUNSELING PSYCHOLOGY, PC 984 North Broadway, Suite 411 Yonkers, NY 10701

S.W.I.M.

STEADFAST WOMEN IN MINISTRY, INC

Email: pmoglia@snch.org

Website: N/A

Intake Number: (914) 964-0336 or (914) 462-2319

#### **Access to Clinical Services:**

Offering in-person counseling: Yes
 Offers telehealth counseling: Yes

• Offering clinical supports after office hours: Yes

#### **Clinic Locations:**

• Glen Head, NY

Oceanside, NY

Yonkers, NY

Virtual

#### Payment options offered:

• Self-Pay: Yes

• Sliding scale: No

• Pro bono/Scholarships: No

• Insurances accepted: Yes

#### **Insurances Accepted:**

Aetna

Anthem

Beacon

Blue Cross

➤ Blue Shield

Cigna

➤ EmblemHealth

- ➤ MHN ~ Health Net
- Medicare
- > NYSHIP/ NY State Empire Plan
- ➢ POMCO
- ➤ UnitedHealthcare UHC/UBH
- WellCare
- **>** 1199

## Meet DR. PAUL MOGLIA, Psychologist, President

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

"My personal faith and spirituality informs everything that I do, however I do specifically promote my faith to others. I am comfortable believing that there is a spiritual dimension to being fully human."

Dr. Paul Moglia 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. 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 scripture**.

#### **Credentials:**

• Psychologist: Ph.D.

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

• English

#### Areas of expertise:

- ADHD
- Adolescent
- Alcohol Use
- Alzheimer's
- Anger Management
- Anxiety
- Bipolar Disorder
- Chronic Illness/Pain
- Codependency
- Couples
- Depression
- Divorce
- Drug Abuse
- Eating Disorders
- Family
- Grief
- Infidelity
- Life Coach
- **Treatment modalities or clinical approaches:** 
  - Christian Counseling
  - Cognitive Behavioral (CBT)
  - Couples/Marital
  - Existential
  - Family
  - Hypnotherapy



- Marriage
- Men's Issues
- Obesity
- Obsessive-Compulsive Disorder
- Oppositional Defiance
- Parenting
- Relationship Issues
- Self-Esteem
- Sex Therapy
- Sexuality
- Sleep or Insomnia
- Spirituality
- Sports Performance
- Stress
- Substance Use/Abuse
- Trauma & PTSD
- Weight Loss
- Humanistic
- Integrative
- Motivational Interviewing
- Person Centered
- Solution Focus Brief Therapy

## **DELPH, DENISE, LCSW-R**

DENISE DELPH 110 Lockwood Ave. New Rochelle, NY 10801 S.W.I.M.

STEADFAST WOMEN IN MINISTRY, INC

Email: denisedelph7@gmail.com
Website: www.denisedelph.com/
Intake Number: (718) 781-1151

#### **Access to Clinical Services:**

Offering in-person counseling: No
 Offers telehealth counseling: Yes

Offering clinical supports after office hours: No

#### **Clinic Locations:**

New Rochelle, NY

Brooklyn, NY

#### Payment options offered:

• Self-Pay: **Yes** 

• Sliding scale: Yes

#### Insurances Accepted:

Anthem

BeaconBlue Cross

➤ Blue Shield

Cigna

➤ ESI Employee Assistance Group

➤ EmblemHealth

Virtual

• Insurances accepted: Yes

Pro bono/Scholarships: No

➤ HIP

Humana

Medicare

> Optum

Oscar Health

UnitedHealthcare UHC/UBH

## Meet DENISE DELPH, Owner, LCSW-R, CASAC-T

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

"My faith affects my view and practice it is incorporated with clients who are faith based. I speak about my faith when clients are able to discuss their faith."

Denise Delph 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. 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**, **and scripture** 

#### **Credentials:**

CASAC-T

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

• English

#### Areas of expertise:

- Addiction
- Adolescent
- Anxiety
- Career Counseling
- Couples
- Depression
- Divorce
- Domestic Violence
- Family
- Gambling

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

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

Social Worker: LCSW-R



- Grief
- Marriage
- Men's Issues
- Racial Identity
- Relationship Issues
- Substance Use/Abuse
- Transgender
- Weight Loss
- Women's Issues
- Dialectical Behavioral Therapy (DBT)
- EMDR
- Solution Focus Brief Counseling

## DEMOPOULOS, SANDRA, LCSW-R PLUC

SANDRA DEMOPOULOS 199 Main St, Suite 601 White Plains, NY 10601



Email: sandydemop@outlook.com Website: www.sandydemop.com Intake Number: (914) 661-2680

#### **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

Virtual

#### Payment options offered:

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

#### **Insurances Accepted:**

Medicare

## Meet SANDRA DEMOPOULOS, Licensed Clinical Social Worker

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

"I believe that my Source of Strength is God and everyone is entitled to their own view of and definition of their Higher Power."

Sandra Demopoulos is 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. Clinician identifies as Jewish and 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, prayer, and bibliotherapy including faith, religious, or spiritual books/literature.

#### **Credentials:**

CASAC

#### Social Worker: LCSW-R Language(s) spoken by clinician:

English



## Areas of expertise:

- Addiction
- Alcohol Use
- Anxiety
- Chronic Illness/Pain
- Drinking/Driving

- Humanistic
- Motivational Interviewing
- Person Centered

- Sexual Abuse
- Substance Use/Abuse
- Trauma & PTSD
- Women's Issues
- Psychodynamic
- Trauma Focused

## DIAZ, MARIA, LMHC

MARIA DIAZ, LMHC 280 Dobbs Ferry Road Suite 200 White Plains, NY 10607 S.W.I.M.

STEADFAST WOMEN IN MINISTRY, INC

Email: mdiaz@mariadiazlmhc.com
Website: www.mariadiazlmhc.com
Intake Number: (646) 450-0149

#### **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

Virtual

#### Payment options offered:

Self-Pay: YesSliding scale: No

Pro bono/Scholarships: NoInsurances accepted: No

## Meet MARIA DIAZ, Licensed Mental Health Counselor

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

"My faith/belief in God has influenced me and my purpose in practicing as a Counselor."

Maria Diaz 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/Non-Denominational** and 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's 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:

Spanish

## Areas of expertise:

Anxiety

Trauma & PTSD

- EMDR
- Trauma Focused



## FAMILY SERVICES OF WESTCHESTER

FAMILY SERVICES OF WESTCHESTER 6 Gramatan Ave Mount Vernon, NY 10550

Email: marlene.furtick@fsw.org

Website: <a href="www.fsw.org/">www.fsw.org/</a>

Intake Number: (914) 688-9124

#### **Access to Clinical Services:**

• Offering in-person counseling: **Yes** 

• Offers telehealth counseling: Yes

• Offering clinical supports after office hours: No

#### **Clinic Locations:**

• Hastings-On-Hudson, NY

Pelham, NY

Port Chester, NY

Mount Vernon, NY

#### Payment options offered:

• Self-Pay: Yes

• Sliding scale: **Yes** 

#### **Insurances Accepted:**

> Affinity

➢ GEHA

**➢** GHI

**➢** HIP

➤ HealthFirst

MVP Health Care

Medicaid

S.W.I.M.

STEADFAST WOMEN IN MINISTRY, INC

Sleepy Hollow, NYWhite Plains, NY

Yonkers, NY

Virtual

• Pro bono/Scholarships: **No** 

• Insurances accepted: Yes

Medicare

> TRICARE

> UMR

UnitedHealthcare UHC/UBH

**>** 1199

> Fidelis

# S.W.I.M. STEADFAST WOMEN IN MINISTRY, INC

## Meet MARLENE FURTICK, Clinic Director, LMSW

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

"My faith informs reminds me we are human and enter this lifetime with many talents and obstacles along the way. It is how we choose to live out each day with cause and affect that is the daily task. I think it is important for each of us not to judge but rather ask are their patters in your life you want to change for the better in working with clients?"

Marlene Furtick 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. 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**.

#### **Credentials:**

Social Worker: LMSW

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

• English

#### Areas of expertise:

- Family
- Life Coach

Trauma & PTSD

- Art Therapy
- Family
- Motivational Interviewing
- Play Therapy
- Reality Therapy
- Trauma Focused

## Meet RITACHI NWABUEZE, Mental Health Counselor-LP

Hastings-on-Hudson, NY (917) 653-5273 Ritachi.Nwabueze@hotmail.com



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

"My faith in God comes before everything."

Ritachi Nwabueze 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. 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, bibliotherapy including faith, religious, or spiritual books/literature

#### **Credentials:**

Mental Health Counselor: MHC-LP

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

**English** 

#### Areas of expertise:

• Life Coach

Marriage

Spirituality

Stress

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

Play Therapy

Reality Therapy

## FULLY INTEGRATED PSYCHOTHERAPY & CONSULTATION



FULLY INTEGRATED PSYCHOTHERAPY & CONSULTATION 370 Central Park Ave, Unit 3C Scarsdale, NY 10583

Email: <a href="mailto:support@fullyintegratedtherapy.com">support@fullyintegratedtherapy.com</a>
Website: <a href="mailto:www.fullyintegratedtherapy.com">www.fullyintegratedtherapy.com</a>

Intake Number: (914) 902-5055

#### **Access to Clinical Services:**

• Offering in-person counseling: No

• Offers telehealth counseling: Yes

• Offering clinical supports after office hours: No

#### **Clinic Locations:**

Scarsdale, NY

#### Virtual

#### Payment options offered:

• Self-Pay: **Yes** 

• Sliding scale: Yes

Pro bono/Scholarships: No

• Insurances accepted: Yes

#### **Insurances Accepted:**

Aetna

> Anthem

➤ Blue Cross

Blue Shield

Cigna

#### > Optum

Oxford

> UMR

UnitedHealthcare UHC/UBH

## Meet JOANNE SINGH, Owner, Psychotherapist, LMHC

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

"I graduated from a Christian graduate school, called Alliance Graduate School of Counseling and learned how to incorporate my Christian faith into my practice. I meet my clients where they are and therefore if they are not Christian then I only mention aspects of the Christian faith at a very minimal level if at all. If the client is Christian and I feel led to incorporate scripture, prayer, and Biblical principles/examples to assist in the counseling process I will do so."



JoAnne Singh 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. Clinician identifies as a **Non-Denominational 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**, **prayer**, **scripture**, **meditation**, **and bibliotherapy including faith**, **religious**, **or spiritual books/literature**.

### **Credentials:**

Mental Health Counselor: LMHC

### Language(s) spoken by clinician:

English

### Areas of expertise:

- Anger Management
- Anxiety
- Behavioral Issues
- Borderline Personality
- Codependency
- Depression
- Divorce
- Infidelity

- Spanish
- Life Coach
- Narcissistic Personality
- Postpartum
- Relationship Issues
- Self-Esteem
- Stress
- Trauma & PTSD

- Acceptance & Commitment
- Christian Counseling
- Cognitive Behavioral (CBT)
- Dialectical Behavioral Therapy (DBT)
- EMDR

- Integrative
- Mindfulness-Based (MBCT)
- Motivational Interviewing
- Person Centered
- Trauma Focused

## **GIVING HOPE, LLC.**

GIVING HOPE, LLC. 111 N. 3<sup>rd</sup> Ave, Ste. 5T Mount Vernon, NY 10550



Email: drnaeema@givinghopellc.org
Website: www.givinghopellc.org
Intake Number: (347) 740-2640

### **Access to Clinical Services:**

Offering in-person counseling: Yes
Offers telehealth counseling: Yes

• Offering clinical supports after office hours: Yes

#### **Clinic Locations:**

Connecticut

Virtual

Mount Vernon, NY

### Payment options offered:

Self-Pay: YesSliding scale: Yes

Pro bono/Scholarships: Yes

 Insurances accepted: Currently working to enroll with insurances

## Meet DR. NAEEMA BURGESS, Owner, Ph.D.

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

"God is the Source, God is the Alpha and the Omega, we do not exist without Him. We are to seek Him in all that we do including how we support our clients. My practicing is a calling."

Dr. Naeema Burgess 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/Spiritual** 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**, **scripture**, **prayer**, **bibliotherapy including faith**, **religious**, **or spiritual books/literature based on the needs of the client.** 



- School Psychologist
- Doctor of Clinical Psychology

### Language(s) spoken by clinician:

English

### Areas of expertise:

- ADHD
- Adolescent
- Asperger's Syndrome
- Autism
- Behavioral Issues
- Career Counseling
- Children
- Couples
- Domestic Violence
- Family
- Grief
- Infidelity
- Intellectual Disability
- Learning Disability

### Treatment modalities or clinical approaches:

- Acceptance & Commitment
- Biofeedback
- Christian Counseling
- Cognitive Behavioral (CBT)
- Cognitive Processing
- Couples/Marital
- Existential
- Family
- Gestalt

 Board Certified in Neuropsychology \*verification credentialing site https://absnp.com/diplomates.php

- Life Coach
- Marriage
- Obesity
- Oppositional Defiance
- Parenting
- Relationship Issues
- Self-Esteem
- Spirituality
- Stress
- Testing & Evaluation
- Traumatic Brain Injury
- Weight Loss
- Women's Issues
- Interventions
- Jungian
- Mindfulness-Based (MBCT)
- Motivational interviewing
- Parent Child Interaction
- Play Therapy
- Psychoanalytic
- Rational Emotive Behavior (REBT)
- Solution Focus Brief Therapy

## GODSEND PSYCHOLOGICAL SERVICES PLLC



GODSEND PSYCHOLOGICAL SERVICES PLLC 100 Fisher Ave, #1832 White Plains, NY 10602

Email: <a href="mailto:drboatswain@godsendpsychologist.com">drboatswain@godsendpsychologist.com</a>
Website: <a href="mailto:www.godsendpsychologist.com">www.godsendpsychologist.com</a>

Intake Number: (914) 282-3395

### **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

Virtual

### Payment options offered:

Self-Pay: YesSliding scale: No

Pro bono/Scholarships: NoInsurances accepted: No

## Meet DR. BRENDA BOATSWAIN, Owner, Licensed Psychologist Dr. Brenda Boatswain's faith affects the Clinician's view and practice in counseling as reflected by the statement:

"Faith is an important factor in healing as it allows you to be fully present with your patient in a hopeful and helpful way and not be sucked into their fear, worry and hopelessness."

Dr. Brenda Boatswain 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 **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**, **bibliotherapy including faith**, **religious**, **or spiritual books/literature**.

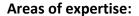
### **Credentials:**

Psychologist: Ph.D.

Certified Group Psychotherapist

### Language(s) spoken by clinician:

• English



- Adolescent
- Anxiety
- Career Counseling
- Chronic Illness/Pain
- Couples
- Depression
- Family
- Infertility
- Life Coach
- Marriage
- Men's Issues

- Christian Counseling
- Cognitive Behavioral (CBT)
- Couples/Marital
- Dialectical Behavioral Therapy (DBT)
- Existential
- Family



- Obesity
- Parenting
- Pregnancy
- Postpartum
- Racial Identity
- Relationship Issues
- Self-Esteem
- Sleep or Insomnia
- Spirituality
- Stress
- Trauma & PTSD
- Mindfulness-Based (MBCT)
- Motivational interviewing
- Parent Child Interaction
- Psychodynamic
- Solution Focus Brief Therapy
- Trauma Focused

## GOOD SOUL PSYCHOTHERAPY, LCSW, PLLC



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

Email: goodsoultherapy@gmail.com
Website: www.goodsoultherapy.com
Intake Number: (774) 481-1590

### Access to Clinical Services:

Offering in-person counseling: NoOffers telehealth counseling: Yes

• Offering clinical supports after office hours: No

### **Clinic Locations:**

Westbury, NY

### Payment options offered:

Self-Pay: YesSliding scale: Yes

### **Insurances Accepted:**

Aetna

➤ Blue Cross

Blue Shield

Cigna

Virtual

Pro bono/Scholarships: No

• Insurances accepted: Yes

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**.

• Social Worker: LCSW-R

## Language(s) spoken by clinician:

• Creole

### Areas of expertise:

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

- 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

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**.



• 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 S.W.J.M.

STEADFAST WOMEN IN MINISTRY, INC

Email: 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: YesSliding 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's 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

- Cognitive Behavioral (CBT)
- Cognitive Processing (CPT)
- Couples/Marital
- Dialectical Behavioral Therapy (DBT)

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

 Pro bono/Scholarships: No Sliding scale: 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.

• Mental Health Counselor: LMHC

### Language(s) spoken by clinician:

• English

- Stress
- Trauma & PTSD

Self-Esteem

## Areas of expertise:

- Anxiety
  - Divorce
  - Domestic Violence

- Cognitive Behavioral (CBT)
- Dialectical Behavioral Therapy (DBT)
- Exposure Therapies

- Mindfulness-Based (MBCT)
- Trauma Focused



## HOLDING HANDS COUNSELING

S.W.J.M.

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

Email: damaripedroza@holdinghandscounseling.com

Website: 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

<u>Meet DAMARI PEDROZA</u>, 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

### Areas of expertise:

- ADHD
- Adolescent
- Anxiety
- Behavioral Issues
- Children
- Couples
- Depression
- Family

### Treatment modalities or clinical approaches:

- Christian Counseling
- Cognitive Behavioral (CBT)
- Couples/Marital
- Family

Spanish

- Parenting
- Relationship Issues
- Self-Esteem
- Sexual Abuse
- Stress
- Trauma & PTSD
- Person Centered
- Play Therapy
- Psychodynamic

## HOPE COUNSELING SOLUTIONS

HOPE COUNSELING SOLUTIONS Currently Only Offers Telehealth



Email: 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: YesSliding scale: Yes

Pro bono/Scholarships: NoInsurances 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 quide 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

- 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

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.



- Clergy
- Chaplin
- Graduate Degree Recreation Therapy

 Certification in Interfaith Understanding

## Language(s) spoken by clinician:

• English

## Areas of expertise:

Spirituality

- 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

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: NoInsurances accepted: No

<u>Meet SONYA GAFFNEY</u>, 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**.



• Life Coach

Mental Health Counselor: LMHC

### Language(s) spoken by clinician:

• English

### Areas of expertise:

- Adolescent
- Anxiety
- Behavioral Issues
- Borderline Personality
- Codependency
- Couples
- Depression
- Dual Diagnosis
- Family

### 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

Pastoral Counselor

- Narcissistic Personality
- Parenting
- Relationship Issues
- Self-Esteem
- Self-Harming
- Spirituality
- Stress
- 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: <u>jeannemcdermott2014@gmail.com</u>

Website: 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

- 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 Website: 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: YesSliding scale: Yes

Pro bono/Scholarships: NoInsurances 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** 

• 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

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



- Pregnancy
- Postpartum
- Relationship Issues
- Self-Esteem
- Sleep or Insomnia
- Spirituality
- Substance Use/Abuse
- Trauma & PTSD
- Traumatic Brain Injury
- 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

STEADFAST WOMEN IN MINISTRY, INC

S.W.I.M.

Email: <u>joyce@jrjtherapy.com</u>
Website: <u>www.jrjtherapy.com</u>
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: YesSliding scale: Yes

Pro bono/Scholarships: YesInsurances 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.** 



• Psychologist: Ph.D.

• Mental Health Counselor: LMHC

## 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)

- 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 S.W.I.M.

STEADFAST WOMEN IN MINISTRY, INC

Email: 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: YesSliding scale: Yes

Pro bono/Scholarships: YesInsurances 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

- 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
- Person Centered
- Psychodynamic

## MEADOWS, DALPHINE E., LMSW

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



Email: demeadows27@msn.com

Website: N/A

Intake Number: (914) 419-2828

**Access to Clinical Services:** 

Offering in-person counseling: YesOffers telehealth counseling: Yes

• Offering clinical supports after office hours: No

**Clinic Locations:** 

White Plains, NY

Virtual

Payment options offered:

Self-Pay: YesSliding scale: Yes

Pro bono/Scholarships: YesInsurances accepted: No

<u>Meet DALPHINE E. MEADOWS</u>, 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

- 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: <a href="mailto:hmoodylcsw@gmail.com">hmoodylcsw@gmail.com</a>

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

S.W.I.M.

STEADFAST WOMEN IN MINISTRY, INC

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**.

• Social Worker: LCSW

# S.W.I.M. STEADFAST WOMEN IN MINISTRY, INC

## Language(s) spoken by clinician:

• English

### Areas of expertise:

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

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

- Men's Issues
- Oppositional Defiance
- Parenting
- Relationship Issues
- Self-Esteem
- Self-Harming
- Stress
- Trauma & PTSD
- Psychodynamic
- Solution Focus Brief Therapy

## MOVEMENT TO MOMENT WELLNESS, LCSW, PLLC



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

Email: <u>indiareckard@movementtomoment.com</u>
Website: <u>www.movementtomoment.com</u>

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: YesSliding scale: Yes

Pro bono/Scholarships: NoInsurances accepted: No

<u>Meet INDIA RECKARD</u>, 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/religous 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

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



- **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
Website: 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

### **Insurances Accepted:**

Aetna

➢ Blue Cross

➤ Blue Shield

Cigna

Optum

Pro bono/Scholarships: No

• Insurances accepted: Yes

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

S.W.I.M.

STEADFAST WOMEN IN MINISTRY, INC

NEAS MINDFULNESS THERAPY PLLC 74 Lafayette Ave Suffern, NY 10901

Email: <a href="mailto:Lneaslcsw@gmail.com">Lneaslcsw@gmail.com</a>
Website: <a href="mailto:www.nclcounseling.com">www.nclcounseling.com</a>
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

#### Payment options offered:

Self-Pay: YesSliding scale: Yes

#### **Insurances Accepted:**

Aetna

> Anthem

Beacon

➢ Blue Cross

➤ Blue Shield

Cigna

Medicare

Virtual

Pro bono/Scholarships: YesInsurances accepted: Yes

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

- 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

Website: 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

- Couple/Marital
- Family

- Sexual Abuse
- Sexual Addiction
- Trauma & PTSD
- Psychodynamic
- Trauma Focused

# **NORTH NODE THERAPY**

NORTH NODE THERAPY 73 Market St Yonkers, NY 10710

Email: northnodetherapy@gmail.com
Website: www.northnodetherapy.com

Intake Number: (929) 366-7302 or (347) 742-5511



Offering in-person counseling: No
 Offers telehealth counseling: Yes

• Offering clinical supports after office hours: No

**Clinic Locations:** 

Yonkers, NY

Payment options offered:

Self-Pay: YesSliding scale: Yes

**Insurances Accepted:** 

Aetna

➤ Blue Cross

Cigna

MagnaCare

Medicare

> Optum

Virtual

Pro bono/Scholarships: No

S.W.I.M.

STEADFAST WOMEN IN MINISTRY, INC

Insurances accepted: Yes

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

- Cognitive Behavioral (CBT)
- Mindfulness-Based (MBCT)
- Motivational Interviewing

- Person Centered
- Solution Focus Brief Therapy
- Trauma Focused

### NY WELLNESS

## NY WELLNESS Currently Only Offers Telehealth

S.W.J.M.

STEADFAST WOMEN IN MINISTRY, INC

Email: <a href="mailto:steve@nywellness.com">steve@nywellness.com</a>
Website: <a href="mailto:www.nywellness.com">www.nywellness.com</a>
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: YesSliding scale: Yes

Pro bono/Scholarships: YesInsurances 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: <a href="mailto:hayleyperelmanphd@gmail.com">hayleyperelmanl.com</a> Website: <a href="mailto:www.drhayleyperelman.com">www.drhayleyperelman.com</a>

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: YesSliding scale: No

Sliding scale: No

Pro bono/Scholarships: NoInsurances accepted: No

S.W.I.M.

STEADFAST WOMEN IN MINISTRY, INC.

# 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

- Relationship Issues
- Self-Esteem
- Sports Performance
- Stress
- Women's Issues

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

- 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: <u>personallifewellness@outlook.com</u> swilliams@personllifewellness.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: YesSliding scale: Yes

Pro bono/Scholarships: NoInsurances accepted: No

<u>Meet SEJGINHA WILLIAMS</u>, 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

- Cognitive Behavioral Therapy
- Couples/Marital

- Self-Esteem
- Stress
- Women's Issues
- Motivational Interviewing
- Solution Focused Brief Therapy

# REGAINING LIFE COUNSELING

# REGAINING LIFE COUNSELING Currently Only Offers Telehealth

STEADFAST WOMEN IN MINISTRY, INC

S.W.I.M.

Email: <u>Jwrightprivatetherapy@gmail.com</u>
Website: <u>www.regaininglifecounseling.com</u>

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: YesSliding scale: Yes

Pro bono/Scholarships: NoInsurances 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

- Acceptance & Commitment
- Christian Counseling
- Cognitive Behavioral (CBT)
- Dialectical Behavioral Therapy (DBT)
- Humanistic



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

Website: 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: YesSliding scale: Yes

Pro bono/Scholarships: YesInsurances 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 quiding 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

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



- 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 S.W.I.M.

STEADFAST WOMEN IN MINISTRY, INC

Email: 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: YesSliding scale: Yes

Pro bono/Scholarships: NoInsurances 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 an 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

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

- Dual Diagnosis
- Grief
- Relationship Issues
- Self-Esteem
- Spirituality
- Stress
- Trauma & PTSD
- Mindfulness-Based (MBCT)
- Motivational Interviewing

# SHIFT YOUR JOURNEY MENTAL HEALTH COUNSELING, PLLC



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

Email: <a href="mailto:hello@shiftyourjourney.com">hello@shiftyourjourney.com</a>
Website: <a href="mailto:www.shiftyourjourney.com">www.shiftyourjourney.com</a>
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

#### **Payment options offered**

Self-Pay: Yes

• Sliding scale: Yes

#### **Insurances Accepted**

Aetna

Cigna

ConnectiCare

> Fidelis

HealthFirst

Virtual

Pro bono/Scholarships: **No** 

Insurances accepted: Yes

> Optum

Oscar Health

Oxford

UnitedHealthcare UHC/UBH

**>** 1199

<u>Meet GRACE ADDOW-LANGLAIS</u>, 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: <u>iimwalkup@gmail.com</u>
Website: <u>www.dr-jim.com</u>
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: YesSliding scale: Yes

Pro bono/Scholarships: YesInsurances accepted: No

<u>Meet JIM WALKUP</u>, 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



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

- 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: YesOffers 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's 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

- Acceptance & Commitment
- Behavioral
- Cognitive Behavioral (CBT)
- Exposure Therapies



- Stress
- Women's Issues
- Family members of people with special needs including mental and physical illness, developmental disability, and dementia.
- Integrative
- Parent Child Interaction
- Psychodynamic
- Tailored to the Individual

# THE CHILD & FAMILY INSTITUTE

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

Email: <u>info@childfamilyinstitute.com</u>
Website: <u>www.childfamilyinstitute.com</u>

Intake Number: (914) 439-5759



Offering in-person counseling: YesOffers telehealth counseling: Yes

• Offering clinical supports after office hours: Yes

#### **Clinic Locations:**

• Brooklyn, NY

• Harrison, NY

• Mount Kisco, NY

• New York, NY

#### Payment options offered:

• Self-Pay: **Yes** 

• Sliding scale: Yes

Scarsdale, NYTarrytown, NY

Virtual

• Pro bono/Scholarships: Yes

S.W.I.M.

STEADFAST WOMEN IN MINISTRY, INC

• Insurances accepted: No

# Meet DR. LAURA GRASHOW, Psychologist

(914) 874-1029

drlauragrashowcfi@gmail.com



# Dr. Laura Grashows'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

- Cognitive Behavioral (CBT)
- Dialectical Behavioral Therapy (DBT)
- Family
- Integrative
- Mindfulness-Based (MBCT)

- Divorce
- Family
- Learning Disability
- Oppositional Defiance
- Parenting
- Relationship Issues
- Self-Esteem
- Stress
- 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
- Treatment modalities or clinical approaches:
  - Acceptance & Commitment
  - Cognitive Behavioral (CBT)
  - Dialectical Behavioral Therapy
  - Exposure Therapies
  - Humanistic
  - Integrative

- Learning Disability
- Obsessive-Compulsive Disorder
- Racial Identity
- Self-Esteem
- Sleep or Insomnia
- Stress
- Testing & Evaluation
- Traumatic Brain Injury
- Women's Issues
- Mindfulness-Based (MBCT)
- Motivational Interviewing
- Person Centered
- Psychodynamic
- Solution Focus Brief Therapy

# Meet DR. ADAM WEISSMAN, Founding President and Chief

S.W.J.M.

STEADFAST WOMEN IN MINISTRY, INC

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

- 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: <a href="mailto:seyma@thenewhopemhcs.com">seyma@thenewhopemhcs.com</a>
Website: <a href="mailto:www.thenewhopemhcs.com">www.thenewhopemhcs.com</a>

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

#### **Access to Clinical Services:**

Offering in-person counseling: YesOffers telehealth counseling: Yes

• Offering clinical supports after office hours: Yes

#### **Clinic Locations:**

Rockville Centre, NY

Valley Stream, NY

#### Payment options offered:

Self-Pay: YesSliding scale: No

#### **Insurances Accepted:**

Aetna

> Affinity

Amerigroup

> Anthem

Beacon

➤ Blue Cross

➤ Blue Shield

Cigna EmblemHealth

➢ GEHAGHI

► HIP

➤ HealthFirst

➤ HealthPlus

Virtual

Pro bono/Scholarships: No

Insurances accepted: Yes

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's 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

- 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: <a href="mailto:therapynow.com@gmail.com">therapynow.com@gmail.com</a>
Website: <a href="mailto:www.psychtherapynow.com">www.psychtherapynow.com</a>

Intake Number: (203) 525-6496

#### **Access to Clinical Services:**

Offering in-person counseling: YesOffers telehealth counseling: Yes

Offering clinical supports after office hours: Yes

#### **Clinic Locations:**

Stamford, CT

#### Payment options offered:

Self-Pay: YesSliding scale: Yes

**Insurances Accepted:** 

Beacon

➤ Blue Cross

➤ Blue Shield

➤ EmblemHealth

Virtual

Pro bono/Scholarships: No

Insurances accepted: Yes

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**.

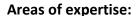


#### **Credentials:**

• Marriage and Family Therapist: LMFT

### Language(s) spoken by clinician:

• English



- Addiction
- Alcohol Use
- Anger Management
- Anxiety
- Bipolar Disorder
- Borderline Personality
- Career Counseling
- Codependency
- Couples
- Depression
- Divorce
- Domestic Violence
- Drug Abuse
- Dual Diagnosis
- Family
- Gambling

- Adlerian
- Christian Counseling
- Cognitive Behavioral (CBT)
- Couples/Marital
- Family



- 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
- Gestalt
- Hypnotherapy
- Mindfulness-Based (MBCT)
- Parent Child Interaction
- Psychodynamic

# **VALDEZ, WENDY, LCSW**

WENDY VALDEZ, LCSW **Currently Only Offers Telehealth** 

S.W.I.M. STEADFAST WOMEN IN MINISTRY, INC

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 quiding tool in helping clients achieve their peace and healing. I like to use an integrative approach to treatmentspecializing 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's 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: <u>admitting @wjcs.com</u>
Website: <u>www.wjcs.com</u>

Intake Number: (914) 737-7338 ext 3119

#### **Access to Clinical Services:**

Offering in-person counseling: YesOffers telehealth counseling: Yes

• Offering clinical staff available after office hours for emergencies: Yes

#### **Clinic Locations:**

Hartsdale, NY

• Mt. Vernon, NY

Virtual

#### Payment options offered:

Self-Pay: Yes

• Sliding scale: **Yes** 

#### **Insurances Accepted:**

Aetna

> Affinity

Anthem

➤ Blue Cross

> Blue Shield

> Emblem

> Fidelis

• Peekskill, NY

• White Plains, NY

Yonkers, NY

• Scholarships/Pro bono: Yes

• Insurances: Yes

➤ 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
- **Treatment modalities or clinical approaches:** 
  - Cognitive Behavioral (CBT)
  - Humanistic
  - Integrative
  - Motivational Interviewing

- Intellectual Disability
- Learning Disability
- Self-Esteem
- Stress
- Person Centered
- Psychodynamic
- Solution Focus Brief Therapy



## Meet ANA RODGERS, Licensed Master Social Worker

Yonkers, NY

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



- 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

- 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

Website: 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

• Sliding scale: No

Scholarships/Pro bono: 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

- 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

Website: 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

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# 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

- Cognitive Behavior Therapy (CBT)
- Couples/Marital
- Family



- Learning Disability
- Marriage
- Obsessive-Compulsive Disorder
- Parenting
- Self Esteem
- Spirituality
- Testing & Evaluation
- Trauma & PTSD
- 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

Website: www.withgodshelplmsw.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

Grief

• Internet Addiction

Social Worker: LCSW

- 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: <u>womenofworthlcsw@gmail.com</u>
Website: <u>www.womenofworthlcsw.com</u>

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

#### Payment options offered:

Self-Pay: YesSliding scale: Yes

#### **Insurances Accepted:**

Aetna

➤ Blue Cross

➤ Blue Shield

Cigna

Optum

Virtual

Pro bono/Scholarships: Yes

S.W.I.M.

STEADFAST WOMEN IN MINISTRY, INC

Insurances accepted: Yes

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's 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

- Christian Counseling
- Cognitive Behavioral (CBT)
- Motivational Interviewing
- Person Centered



- Parenting
- Pregnancy
- Postpartum
- Racial Identity
- Relationships
- Self-Esteem
- Spirituality
- Stress
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- Psychodynamic
- Solution Focus Brief Therapy
- Trauma Focused

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