

Directory of  
Faith  
Affirming  
Community  
Mental  
Health  
Service  
Providers  
First Edition

[Westchestergov.com](http://Westchestergov.com)

Michael Orth, Commissioner

Department of Community Mental Health

&

The Westchester County Interfaith Initiative

2022-2023

## **CRISIS SERVICES : Available 24 hours / 7 days**

<b>Crisis Counselor Textline</b>	<b>741741,Text “HOME”</b>
<b>Suicide and Crisis Lifeline</b>	<b>Dial - 988</b>
<b>OASAS SUD Crisis Line</b>	<b>(877)-8-HOPENY</b>
<b>Crisis Prevention and Response Team</b> St. Vincent’s Hospital – A Division of St. Joseph’s Medical Center	<b>(914) 925-5959</b>
<b>Hope’s Door</b> Domestic Violence Crisis 24 Hour Hotline	<b>(888) 438-8700</b>
<b>My Sister’s Place</b> Domestic Violence Crisis 24 Hour Hotline	<b>(888) 298-7233</b>
<b>The Trevor Project</b> Website: <a href="http://www.thetrevorproject.org">www.thetrevorproject.org</a> Youth support in crisis of feeling suicidal specializing in LGBTQi+	<b>(866) 488-7386</b>

## **ADDITIONAL RESOURCES**

**Westchester County Department of Community Mental Health**

**Website: <https://mentalhealth.westchestergov.com>**

**NAMI – National Alliance on Mental Illness, Website: <https://www.nami.org/Home>**

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

**The Steve Fund, Website: <https://www.stevelfund.org/about/>**

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

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

**Website: <https://www.samhsa.gov/find-help>**

**Mental illness services and treatment center online locator**

**Soul Shop, Website: <https://www.soulshopmovement.org/>**

**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,

A handwritten signature in black ink, appearing to read "m. orth".

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

Email: [Drbarrett@attainablehope.com](mailto:Drbarrett@attainablehope.com)

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

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: **Yes**
- Sliding scale: **Yes**
- Pro bono/Scholarships: **No**
- Insurances 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
- 1199

## 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 therapy sessions with client's consent or request **depending on the appropriateness of the situation.**

**Credentials:**

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

**Treatment modalities or clinical approaches:**

- Christian Counseling
- Cognitive Behavioral (CBT)
- Integrative
- Motivational interviewing
- 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](mailto:emilybw@gmail.com)

Website: [www.dremilybw.com](http://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: **Yes**
- Sliding scale: **Yes**
- Pro bono/Scholarships: **No**
- Insurances 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
- Grief
- Infertility
- Life Coach
- Obsessive-Compulsive Disorder
- Oppositional Defiance
- Parenting
- Relationship Issues
- Self-Esteem
- Self-Harming
- Stress
- Suicidal Ideation
- Trauma & PTSD
- Women's Issues

**Treatment modalities or clinical approaches:**

- Cognitive Behavioral (CBT)
- Dialectical Behavioral Therapy (DBT)
- Exposure Therapies
- Family
- Integrative
- 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](mailto:mrenalcsw@gmail.com)

Website: [www.psychologytoday.com/us/therapists/rena-blatt-flushing-ny/913333](http://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: **Yes**
- Pro bono/Scholarships: **Yes**
- Sliding scale: **Yes**
- Insurances 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
- Hebrew

**Areas of expertise:**

- Addiction
- Adolescent
- Alcohol Abuse
- Anxiety
- Behavioral Issues
- Borderline Personality
- Depression
- Drug Abuse
- Eating Disorders
- Relationship Issues
- Self-Esteem
- Self-Harming
- Spirituality
- Stress
- Substance Use/Abuse
- Suicidal Ideation
- Trauma & PTSD
- Women's Issues

**Treatment modalities or clinical approaches:**

- Cognitive Behavioral (CBT)
- Dialectical Behavioral Therapy (DBT)
- Integrative
- Motivational Interviewing
- Trauma Focused

# B/R NEUROPSYCHOLOGICAL OFFICES

## B/R NEUROPSYCHOLOGICAL OFFICES

P.O Box 352  
Nanuet, NY 10954

Email: [drbell6@gmail.com](mailto:drbell6@gmail.com)

Website: N/A

Intake Number: (718) 378-3540

### Access to Clinical Services:

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

### Clinic Locations:

- Bronx, NY
- Suffern, NY
- Virtual

### Payment options offered:

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

### Insurances Accepted:

- Aetna
- Cigna
- Medicare
- Medicaid
- 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
- Psychologist: Ph.D.

**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
- Infidelity
- Marriage
- Men's Issues
- Obsessive-Compulsive Disorder
- Parenting
- Racial Identity
- Relationship Issues
- Self-Esteem
- Self-Harming
- Sex Therapy
- Sexual Abuse
- Substance Use/Abuse
- Testing & Evaluation
- Transgender
- Traumatic Brain Injury

**Treatment modalities or clinical approaches:**

- Cognitive Behavioral (CBT)
- Integrative
- Motivational interviewing
- Solution Focus Brief Therapy

# BOUNDS, BRENT, Ph.D.

BRENT BOUNDS, PH.D.  
67 Irving Place, Floor 6  
New York, NY 10003

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

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

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: **Yes**
- Sliding scale: **Yes**
- Pro bono/Scholarships: **No**
- Insurances 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
- Life Coach
- Marriage
- Men's Issues
- Parenting
- Relationship Issues
- Self-Esteem
- Sexuality
- Spirituality
- Stress

**Treatment modalities or clinical approaches:**

- Christian Counseling
- Cognitive Behavioral (CBT)
- 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](mailto:lcataldo.phd@gmail.com)

Website: [www.psychologytoday.com/us/therapists/lisa-cataldo-new-york-ny/87470](http://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: **Yes**
- Sliding 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
- Spirituality
- Stress
- Transgender
- Trauma & PTSD
- Women's Issues

**Treatment modalities or clinical approaches:**

- Humanistic
- Psychoanalytic
- 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](mailto:sherrielynn@centeringwholeness.com); [sherrielynnlilley@gmail.com](mailto:sherrielynnlilley@gmail.com)

Website: [www.centeringwholeness.com](http://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: **Yes**
- Sliding scale: **Yes**
- Pro bono/Scholarships: **No**
- Insurances accepted: **No**

## **Meet SHERRIE LYNN LILLEY**, 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

**Areas of expertise:**

- Adoption
- Anxiety
- Couples
- Depression
- Divorce
- Disability
- Domestic Violence
- Grief
- Life Coach
- Parenting
- Pregnancy
- Postpartum
- Relationship Issues
- Self-Esteem
- Sexuality
- Support groups (Grief, DV/IPV, Parenting)
- Stress
- Suicidal Ideation
- Trauma & PTSD
- Women's Issues

**Treatment modalities or clinical approaches:**

- Christian Counseling
- Cognitive Behavioral (CBT)
- Couples/Marital
- Humanistic
- Motivational Interviewing
- 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](mailto:dr.cherylaburton@gmail.com)

Website: [www.drcherylaburton.com](http://www.drcherylaburton.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: **Yes**
- Sliding scale: **No**
- Pro bono/Scholarships: **No**
- Insurances accepted: **Yes**

## Insurances Accepted:

- Aetna
- Anthem
- Beacon
- Behavioral Health
- Blue Cross
- Blue Shield
- Cigna
- EmblemHealth
- GHI
- MagnaCare
- NYSHIP/ NY State Empire Plan
- Optum
- POMCO
- UMR
- UnitedHealthcare UHC/UBH
- 1199

## 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
- Spanish

**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
- 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

**Treatment modalities or clinical approaches:**

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

Email: [care@clear2u.org](mailto:care@clear2u.org)

Website: [www.clear2u.org](http://www.clear2u.org)

Intake Number: (646) 568-6667

## Access to Clinical Services:

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

## Clinic Locations:

- New York, NY
- Virtual

## Payment options offered:

- Self-Pay: **Yes**
- Sliding 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

- 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

**Treatment modalities or clinical approaches:**

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

- 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

Email: [pmoglia@snch.org](mailto: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
- 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

**Treatment modalities or clinical approaches:**

- Christian Counseling
- Cognitive Behavioral (CBT)
- Couples/Marital
- Existential
- Family
- Hypnotherapy
- Humanistic
- Integrative
- Motivational Interviewing
- Person Centered
- Solution Focus Brief Therapy

# DELPH, DENISE, LCSW-R

DENISE DELPH

110 Lockwood Ave.

New Rochelle, NY 10801

Email: [denisedelph7@gmail.com](mailto:denisedelph7@gmail.com)

Website: [www.denisedelph.com/](http://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
- Virtual

## Payment options offered:

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

## Insurances Accepted:

- Anthem
- Beacon
- Blue Cross
- Blue Shield
- Cigna
- ESI Employee Assistance Group
- EmblemHealth
- 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
- Social Worker: LCSW-R

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

- English

**Areas of expertise:**

- Addiction
- Adolescent
- Anxiety
- Career Counseling
- Couples
- Depression
- Divorce
- Domestic Violence
- Family
- Gambling
- Grief
- Marriage
- Men's Issues
- Racial Identity
- Relationship Issues
- Substance Use/Abuse
- Transgender
- Weight Loss
- Women's Issues

**Treatment modalities or clinical approaches:**

- Christian Counseling
- Cognitive Behavioral (CBT)
- Couples/Marital
- Dialectical Behavioral Therapy (DBT)
- EMDR
- Solution Focus Brief Counseling

# DEMOPOULOS, SANDRA, LCSW-R PLLC

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

Email: [sandydemop@outlook.com](mailto:sandydemop@outlook.com)

Website: [www.sandydemop.com](http://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
- Sexual Abuse
- Substance Use/Abuse
- Trauma & PTSD
- Women's Issues

**Treatment modalities or clinical approaches:**

- Humanistic
- Motivational Interviewing
- Person Centered
- Psychodynamic
- Trauma Focused

# DIAZ, MARIA, LMHC

MARIA DIAZ, LMHC  
280 Dobbs Ferry Road Suite 200  
White Plains, NY 10607

Email: [mdiaz@mariadiazlmhc.com](mailto:mdiaz@mariadiazlmhc.com)

Website: [www.mariadiazlmhc.com](http://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: **Yes**
- Pro bono/Scholarships: **No**
- Sliding scale: **No**
- Insurances 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

**Treatment modalities or clinical approaches:**

- EMDR
- Trauma Focused



# FAMILY SERVICES OF WESTCHESTER

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

Email: [marlene.furtick@fsw.org](mailto:marlene.furtick@fsw.org)

Website: [www.fsw.org/](http://www.fsw.org/)

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
- Sleepy Hollow, NY
- White Plains, NY
- Yonkers, NY
- Virtual

## Payment options offered:

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

## Insurances Accepted:

- Affinity
- GEHA
- GHI
- HIP
- HealthFirst
- MVP Health Care
- Medicaid
- Medicare
- TRICARE
- UMR
- UnitedHealthcare UHC/UBH
- 1199
- Fidelis

## **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

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

- 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: [support@fullyintegratedtherapy.com](mailto:support@fullyintegratedtherapy.com)

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

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
- Spanish

**Areas of expertise:**

- Anger Management
- Anxiety
- Behavioral Issues
- Borderline Personality
- Codependency
- Depression
- Divorce
- Infidelity
- Life Coach
- Narcissistic Personality
- Postpartum
- Relationship Issues
- Self-Esteem
- Stress
- Trauma & PTSD

**Treatment modalities or clinical approaches:**

- 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](mailto:drnaeema@givinghopellc.org)

Website: [www.givinghopellc.org](http://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: **Yes**
- Sliding 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.**

**Credentials:**

- School Psychologist
- Doctor of Clinical Psychology
- Board Certified in Neuropsychology  
\*verification credentialing site  
<https://absnp.com/diplomates.php>

**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
- Life Coach
- Marriage
- Obesity
- Oppositional Defiance
- Parenting
- Relationship Issues
- Self-Esteem
- Spirituality
- Stress
- Testing & Evaluation
- Traumatic Brain Injury
- Weight Loss
- Women's Issues

**Treatment modalities or clinical approaches:**

- Acceptance & Commitment
- Biofeedback
- Christian Counseling
- Cognitive Behavioral (CBT)
- Cognitive Processing
- Couples/Marital
- Existential
- Family
- Gestalt
- 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: [drboatswain@godsendpsychologist.com](mailto:drboatswain@godsendpsychologist.com)

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

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

**Areas of expertise:**

- Adolescent
- Anxiety
- Career Counseling
- Chronic Illness/Pain
- Couples
- Depression
- Family
- Infertility
- Life Coach
- Marriage
- Men's Issues
- Obesity
- Parenting
- Pregnancy
- Postpartum
- Racial Identity
- Relationship Issues
- Self-Esteem
- Sleep or Insomnia
- Spirituality
- Stress
- Trauma & PTSD

**Treatment modalities or clinical approaches:**

- Christian Counseling
- Cognitive Behavioral (CBT)
- Couples/Marital
- Dialectical Behavioral Therapy (DBT)
- Existential
- Family
- 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](mailto:goodsoultherapy@gmail.com)

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

Intake Number: (774) 481-1590

## Access to Clinical Services:

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

## Clinic Locations:

- Westbury, NY
- Virtual

## Payment options offered:

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

## Insurances Accepted:

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

## Meet KATHY DOR, Licensed Clinical Social Worker

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

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

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

**Credentials:**

- Social Worker: LCSW-R

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

- Creole
- English

**Areas of expertise:**

- ADHD
- Anxiety
- Bipolar Disorder
- Couples
- Depression
- Marriage
- Relationship Issues
- Self-Esteem
- Spirituality
- Stress
- Trauma & PTSD
- Women's Issues

**Treatment modalities or clinical approaches:**

- Cognitive Behavioral (CBT)
- Humanistic
- Mindfulness-Based (MBCT)
- Person Centered
- Psychoanalytic
- Psychodynamic
- Solution Focus Brief Therapy
- Trauma Focused

# GROSSMAN, PATRICIA, LCSW

PATRICIA GROSSMAN  
125 Lake Street  
White Plains, NY 10604

Email: [pgrossman48@gmail.com](mailto:pgrossman48@gmail.com)

Website: N/A

Intake Number: (914) 671-1908

## Access to Clinical Services:

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

## Clinic Locations:

- White Plains, NY
- Virtual

## Payment options offered:

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

## Insurances Accepted:

- Fidelis
- Medicaid
- Medicare

## **Meet PATRICIA GROSSMAN**, Licensed Clinical Social Worker

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

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

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

**Credentials:**

- Social Worker: LCSW
- Certified Mediator

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

- English

**Areas of expertise:**

- Adoption
- Anxiety
- Autism
- Bipolar Disorder
- Couples
- Depression
- Divorce
- Family
- Grief
- Infertility
- Intellectual Disability
- Learning Disability
- Life Coach
- Marriage
- Parenting
- Pregnancy
- Postpartum
- Relationship Issues
- Self-Esteem
- Spirituality
- Stress
- Suicidal Ideation

**Treatment modalities or clinical approaches:**

- Art Therapy
- Acceptance & Commitment
- Cognitive Behavioral (CBT)
- Couples/Marital
- Humanistic
- Integrative
- Motivational interviewing
- Parent Child Interaction
- Person Centered
- Psychodynamic
- Solution Focus Brief Therapy

# HARPER, FELICIA, LMHC

FELICIA HARPER, LMHC

117 Dobbin St  
Brooklyn, NY 11222

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

Website: N/A

Intake Number: (631) 417-3454

## Access to Clinical Services:

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

## Clinic Locations:

- Brooklyn, NY
- Virtual

## Payment options offered:

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

## Meet FELICIA HARPER, Licensed Mental Health Counselor

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

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

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

## Credentials:

- Mental Health Counselor (LMHC)
- 

## Language(s) spoken by clinician:

- English

**Areas of expertise:**

- Adolescent
- Anger Management
- Anxiety
- Behavioral Issues
- Children
- Codependency
- Couples
- Family
- Racial Identity
- Relationship Issues
- Self-Harming
- Stress
- Transgender
- Trauma & PTSD
- Women's Issues

**Treatment modalities or clinical approaches:**

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

# HEALING ON US, LLC

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

Email: [azizah@healingonus.com](mailto:azizah@healingonus.com)

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

Intake Number: (929) 324-0359

## Access to Clinical Services:

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

## Clinic Locations:

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

## Payment options offered:

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

## Insurances Accepted:

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

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

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

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

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



**Credentials:**

- Mental Health Counselor: LMHC

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

- English

**Areas of expertise:**

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

**Treatment modalities or clinical approaches:**

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

# HOLDING HANDS COUNSELING

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

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

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

Intake Number: (347) 625-8609

## Access to Clinical Services:

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

## Clinic Locations:

- Ardsley, NY
- Virtual

## Payment options offered:

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

## Insurances Accepted:

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

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

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

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

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

**Credentials:**

- Mental Health Counselor: LMHC

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

- English
- Spanish

**Areas of expertise:**

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

**Treatment modalities or clinical approaches:**

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

# HOPE COUNSELING SOLUTIONS

HOPE COUNSELING SOLUTIONS  
Currently Only Offers Telehealth

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

Website: N/A

Intake Number: (347) 559-0712

## Access to Clinical Services:

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

## Clinic Locations:

- Ardsley, NY
- Virtual

## Payment options offered:

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

## Insurances Accepted:

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

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

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

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

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

## Credentials:

- Social Worker: LCSW

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

- English

**Areas of expertise:**

- Anxiety
- Depression
- Grief
- Life Coach
- Self-Esteem
- Spirituality
- Stress
- Trauma & PTSD
- Women's Issues

**Treatment modalities or clinical approaches:**

- Acceptance & Commitment
- Christian Counseling
- Cognitive Behavioral (CBT)
- Interventions
- Mindfulness-Based
- Person Centered
- Reality Therapy
- Solution Focus Brief Therapy
- Trauma Focused

# HUDSON VALLEY FRIENDS OF MENTAL HEALTH

HUDSON VALLEY FRIENDS OF MENTAL HEALTH

C/O Cora Weis, Treasurer

P.O Box 1445

Ossining, NY 10566

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

Website: N/A

Intake Number: (914) 671-7000

## Access to Clinical Services:

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

## Clinic Locations:

- Peekskill, NY

## Payment options offered:

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

## Meet REVEREND GEORGE CONIGLIO, Minister

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

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

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

**Credentials:**

- Clergy
- Chaplin
- Graduate Degree Recreation Therapy
- Certification in Interfaith Understanding

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

- English

**Areas of expertise:**

- Spirituality

**Treatment modalities or clinical approaches:**

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

# IN MOTION MENTAL HEALTH COUNSELING

SONYA GAFFNEY

20 Burling Ln, #41

New Rochelle, NY 10801

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

Website: N/A

Intake Number: (914) 563-3349

## Access to Clinical Services:

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

## Clinic Locations:

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

## Payment options offered:

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

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

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

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

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



**Credentials:**

- Life Coach
- Mental Health Counselor: LMHC
- Pastoral Counselor

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

- English

**Areas of expertise:**

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

**Treatment modalities or clinical approaches:**

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

# JEANNE MCDERMOTT COUNSELING

## JEANNE MCDERMOTT COUNSELING

Mohegan Lake Post Office

PO Box 333

Mohegan, NY 10547

Email: [jeannemcdermott2014@gmail.com](mailto:jeannemcdermott2014@gmail.com)

Website: [www.psychologytoday.com/us/therapists/jeanne-mcdermott-new-rochelle-ny/386097](http://www.psychologytoday.com/us/therapists/jeanne-mcdermott-new-rochelle-ny/386097)

Intake Number: (914) 987-1297

### Access to Clinical Services:

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

### Clinic Locations:

- Mohegan, NY
- Virtual

### Payment options offered:

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

### Insurances Accepted:

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

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

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

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

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

**Credentials:**

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

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

- English

**Areas of expertise:**

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

**Treatment modalities or clinical approaches:**

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

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

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

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

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

Intake Number: (347) 466-7432

## Access to Clinical Services:

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

## Clinic Locations:

- New York, NY
- Virtual

## Payment options offered:

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

## Meet DR. JOSHUA TAL, Psychologist

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

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

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

**Credentials:**

- Psychologist: Ph.D.

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

- English

**Areas of expertise:**

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

**Treatment modalities or clinical approaches:**

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

# JRJ THERAPY

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

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

## Access to Clinical Services:

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

## Clinic Locations:

- New Rochelle, NY
- Virtual

## Payment options offered:

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

## Insurances Accepted:

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

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

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

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

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

**Credentials:**

- Psychologist: Ph.D.
- Mental Health Counselor: LMHC

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

- English

**Areas of expertise:**

- Addiction
- Adolescent
- Alcohol Use
- Anxiety
- Behavioral Issues
- Depression
- Drug Abuse
- Grief
- Racial Identity
- Relationship Issues
- Self-Esteem
- Self-Harming
- Spirituality
- Stress
- Trauma & PTSD
- Woman's Issues

**Treatment modalities or clinical approaches:**

- Christian Counseling
- Cognitive Behavioral (CBT)
- Cognitive Processing (CPT)
- Family
- Motivational interviewing
- Reality Therapy

# McGREGOR, RONALD, LCSW

RONALD MCGREGOR, LCSW

14 Daniels Place

White Plains, NY 10604

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

Website: N/A

Intake Number: (914) 419-4129

## Access to Clinical Services:

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

## Clinic Locations:

- White Plains, NY
- Virtual

## Payment options offered:

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

## Meet RONALD McGREGOR, Licensed Clinical Social Worker

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

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

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

## Credentials:

- Social Worker: CSW

## Language(s) spoken by clinician:

- English



**Areas of expertise:**

- ADHD
- Addiction
- Adolescent
- Alcohol Use
- Anger Management
- Anxiety
- Behavioral Issues
- Bipolar Disorder
- Borderline Personality
- Depression
- Domestic Violence
- Drug Abuse
- Dual Diagnosis
- Family
- Gambling
- Men's Issues
- Oppositional Defiance
- Racial Identity
- Relationship Issues
- Self-Esteem
- Stress
- Substance Use/Abuse
- Trauma & PTSD

**Treatment modalities or clinical approaches:**

- Cognitive Behavioral (CBT)
- Family
- Person Centered
- Psychodynamic

# MEADOWS, DALPHINE E., LMSW

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

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

Website: N/A

Intake Number: (914) 419-2828

## Access to Clinical Services:

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

## Clinic Locations:

- White Plains, NY
- Virtual

## Payment options offered:

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

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

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

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

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

## Credentials:

- Career Counselor
- Social Worker: LMSW

## Language(s) spoken by clinician:

- English

**Areas of expertise:**

- ADHD
- Addiction
- Adolescent
- Alcohol Use
- Anger Management
- Anxiety
- Behavioral Issues
- Bipolar Disorder
- Borderline Personality
- Children
- Depression
- Drug Abuse
- Dual Diagnosis
- Family
- Grief
- Obsessive-Compulsive Disorder
- Oppositional Defiance
- Racial Identity
- Self-Esteem
- Stress
- Substance Use/Abuse
- Trauma & PTSD

**Treatment modalities or clinical approaches:**

- Cognitive Behavioral (CBT)
- Dialectical Behavioral Therapy (DBT)
- Family
- Person Centered
- Play Therapy
- Psychodynamic
- Trauma Focused

# MOODY, HASAN, LCSW, PLLC

Hasan Moody

Currently Only Offers Telehealth

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

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

Intake Number: (845) 535-1226

## Access to Clinical Services:

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

## Clinic Locations:

- New City, NY
- Virtual

## Payment options offered:

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

## Insurances Accepted:

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

## Meet HASAN MOODY, Licensed Clinical Social Worker

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

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

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

**Credentials:**

- Social Worker: LCSW

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

- English

**Areas of expertise:**

- ADHD
- Adolescent
- Adoption
- Anger Management
- Anxiety
- Behavioral Issues
- Depression
- Grief
- Men's Issues
- Oppositional Defiance
- Parenting
- Relationship Issues
- Self-Esteem
- Self-Harming
- Stress
- Trauma & PTSD

**Treatment modalities or clinical approaches:**

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

# MOVEMENT TO MOMENT WELLNESS, LCSW, PLLC

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

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

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

Intake Number: (347) 685-9560

## Access to Clinical Services:

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

## Clinic Locations:

- Astoria, NY
- Virtual

## Payment options offered:

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

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

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

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

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

## Credentials:

- Social Worker: LCSW

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

- English

**Areas of expertise:**

- Chronic Pain
- Chronic Illness
- Depression
- Family
- Grief
- Infertility
- Infidelity
- Racial Identity
- Relationship Issues
- Self-Esteem
- Spirituality
- Stress
- Trauma & PTSD
- Women's Issues

**Treatment modalities or clinical approaches:**

- Acceptance & Commitment
- Cognitive Behavioral (CBT)
- Cognitive Processing (CPT)
- Mindfulness-Based (MBCT)
- Motivational Interviewing
- Psychodynamic
- Solution Focus Brief Therapy

# NAUSHAD, HUMAIRA, LMHC

HUMAIRA NAUSHAD, LMHC  
Currently Only Offers Telehealth

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

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

Intake Number: (631) 867-2154

## Access to Clinical Services:

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

## Clinic Locations:

- Virtual

## Payment options offered:

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

## Insurances Accepted:

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

## Meet HUMAIRA NAUSHAD, Psychotherapist, LMHC

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

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

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



**Credentials:**

- CASAC-T
- Mental Health Counselor: LMHC

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

- English

**Areas of expertise:**

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

**Treatment modalities or clinical approaches:**

- Cognitive Behavioral (CBT)
- EMDR
- Mindfulness-Based (MBCT)
- Rational Emotive Behavior (REBT)
- Trauma Focused

# NEAS MINDFULNESS THERAPY PLLC

NEAS MINDFULNESS THERAPY PLLC  
74 Lafayette Ave  
Suffern, NY 10901

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

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

Intake Number: (914) 269-8019

## Access to Clinical Services:

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

## Clinic Locations:

- Suffern, NY
- Virtual

## Payment options offered:

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

## Insurances Accepted:

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

## Meet LUCKDJYNE NEAS, Clinical Director, LCSW

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

*"It does not."*

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

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

**Credentials:**

- CASAC
- Social Worker: LCSW

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

- Creole
- English

**Areas of expertise:**

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

**Treatment modalities or clinical approaches:**

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

# NEWBORN, MARLA JOI, LMSW

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

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

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

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

## Access to Clinical Services:

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

## Clinic Locations:

- Pleasantville, NY
- Virtual

## Payment options offered:

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

## Meet MARLA JOI NEWBORN, Licensed Master Social Worker

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

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

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

## Credentials:

- CASAC
- Social Worker: LMSW

## Language(s) spoken by clinician:

- English

**Areas of expertise:**

- Addiction
- Alcohol Use
- Drug Abuse
- Grief
- Sexual Abuse
- Sexual Addiction
- Trauma & PTSD

**Treatment modalities or clinical approaches:**

- Couple/Marital
- Family
- Psychodynamic
- Trauma Focused

# NORTH NODE THERAPY

## NORTH NODE THERAPY

73 Market St  
Yonkers, NY 10710

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

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

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

### Access to Clinical Services:

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

### Clinic Locations:

- Yonkers, NY
- Virtual

### Payment options offered:

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

### Insurances Accepted:

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

## **Meet NODEREA JOHN**, Licensed Clinical Social Worker

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

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

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

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

**Credentials:**

- Life Coach
- Social Worker: LCSW

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

- English

**Areas of expertise:**

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

**Treatment modalities or clinical approaches:**

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

# NY WELLNESS

## NY WELLNESS

Currently Only Offers Telehealth

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

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

Intake Number: (718) 736-2267

### Access to Clinical Services:

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

### Clinic Locations:

- New York, NY
- Virtual

### Payment options offered:

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

### Insurances Accepted:

- Cigna

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

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

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

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

### Credentials:

- Mental Health Counselor: LMHC



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

- English
- Mandarin

**Areas of expertise:**

- Adolescent
- Anger Management
- Anxiety
- Behavioral Issues
- Children
- Family
- Grief
- Men's Issues
- Oppositional Defiance
- Parenting
- Relationship Issues
- Self-Esteem
- Spirituality
- Stress
- Trauma & PTSD

**Treatment modalities or clinical approaches:**

- Cognitive Behavioral (CBT)
- Interventions
- Person Centered
- Play Therapy
- Solution Focus Brief Therapy
- Trauma Focused

# PERELMAN, HAYLEY, Ph.D.

HAYLEY PERELMAN, Ph.D.

42 Lexington Ct  
Chatham NJ 07928

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

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

Intake Number: (617) 329-5378

## Access to Clinical Services

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

## Clinic Locations

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

## Payment options offered

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

## Dr. HAYLEY PERELMAN, Licensed Psychologist

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

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

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

## Credentials:

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

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

- English

**Areas of expertise:**

- Anxiety
- Body Image/Appearance Concerns
- Eating Disorders
- Men's Issues
- Relationship Issues
- Self-Esteem
- Sports Performance
- Stress
- Women's Issues

**Treatment modalities or clinical approaches:**

- 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: [personallifewellness@outlook.com](mailto:personallifewellness@outlook.com)  
[swilliams@personllifewellness.com](mailto: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: **Yes**
- Sliding scale: **Yes**
- Pro bono/Scholarships: **No**
- Insurances accepted: **No**

**Meet SEJGINHA WILLIAMS,** Licensed Marriage and Family Therapist  
Sejginha Williams's faith affects the Clinician's view and practice in counseling as reflected by the statement:

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

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

## Credentials:

- Marriage and Family Therapist: LMFT

## Language(s) spoken by clinician:

- English

**Areas of expertise:**

- Anxiety
- Couples
- Marriage
- Relationship Issues
- Self-Esteem
- Stress
- Women's Issues

**Treatment modalities or clinical approaches**

- Cognitive Behavioral Therapy
- Couples/Marital
- Motivational Interviewing
- Solution Focused Brief Therapy

# REGAINING LIFE COUNSELING

REGAINING LIFE COUNSELING  
Currently Only Offers Telehealth

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

## Access to Clinical Services

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

## Clinic Locations

- Shirley, NY
- Virtual

## Payment options offered

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

## Insurances Accepted

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

## Meet JATAYA WRIGHT, Licensed Clinical Social Worker

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

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

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

**Credentials:**

- Social Worker: LCSW

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

- English

**Areas of expertise:**

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

**Treatment modalities or clinical approaches**

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

# REENVISION MARRIAGE AND FAMILY THERAPY

REENVISION MARRIAGE AND FAMILY THERAPY

40-03 164th Street #580161

Flushing, NY 11358

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

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

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

## Access to Clinical Services:

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

## Clinic Locations:

- Flushing, NY
- Virtual

## Payment options offered:

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

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

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

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

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

## Credentials:

- Marriage and Family Therapist: LMFT



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

- English

**Areas of expertise:**

- Adolescent
- Anger Management
- Anxiety
- Children
- Couples
- Depression
- Divorce
- Family
- Grief
- Infidelity
- Life Coach
- Marriage
- Men's Issues
- Parenting
- Pregnancy
- Postpartum
- Racial Identity
- Relationship Issues
- Self-esteem
- Self-harming
- Sex Therapy
- Spirituality
- Stress
- Suicidal Ideation
- Women's Issues
- Ministry/Missionary Couples and Families

**Treatment modalities or clinical approaches:**

- Bowenian
- Christian Counseling
- Cognitive Behavioral (CBT)
- Couples/Marital
- Experimental
- Family
- Gottman
- Integrative
- Interventions
- Motivational Interviewing
- Narrative
- Parent Child Interaction
- Person Centered
- Restoration Therapy (RT)
- Solution Focus Brief Therapy

# ROHAN, MARGARET M., LCSW

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

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

Website: N/A

Intake Number: (914) 439-0112

## Access to Clinical Services

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

## Clinic Locations

- Yonkers, NY
- Virtual

## Payment options offered

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

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

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

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

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

## Credentials:

- Social Worker: LCSW

## Language(s) spoken by clinician:

- English

**Areas of expertise:**

- ADHD
- Addiction
- Anxiety
- Behavioral Issues
- Borderline Personality
- Chronic Illness/Pain
- Codependency
- Depression
- Dual Diagnosis
- Grief
- Relationship Issues
- Self-Esteem
- Spirituality
- Stress
- Trauma & PTSD

**Treatment modalities or clinical approaches:**

- Cognitive Behavioral (CBT)
- Couples/Marital
- EMDR
- 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: [hello@shiftyourjourney.com](mailto:hello@shiftyourjourney.com)

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

Intake Number: (914) 902-8923

## Access to Clinical Services

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

## Clinic Locations

- White Plains, NY
- Stamford, CT
- Virtual

## Payment options offered

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

## Insurances Accepted

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

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

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

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

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

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

**Credentials:**

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

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

- English
- Twi
- Spanish Speaking Clinicians Available

**Areas of expertise:**

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

**Treatment modalities or clinical approaches:**

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

# SOUTHERN WESTCHESTER MARRIAGE COUNSELING

## SOUTHERN WESTCHESTER MARRIAGE COUNSELING

34 South Lexington Ave, Ph-6

White Plains, NY 10606

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

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

Intake Number: (914) 548-8645

### Access to Clinical Services

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

### Clinic Locations

- White Plains, NY
- Virtual

### Payment options offered

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

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

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

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

### Credentials:

- Clergy
- Marriage and Family Therapist: LMFT

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

- English

**Areas of expertise:**

- ADHD
- Anxiety
- Career Counseling
- Chronic Illness/Pain
- Couples
- Depression
- Divorce
- Grief
- Infidelity
- Internet Addiction
- Marriage
- Men's Issues
- Relationship Issues
- Self-Esteem
- Sexuality
- Spirituality
- Trauma & PTSD

**Treatment modalities or clinical approaches:**

- Christian Counseling
- Couples/Marital
- EMDR
- Existential
- Integrative
- Mindfulness-Based (MBCT)
- Psychodynamic

# STECKLER, NANCY M., PH.D.

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

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

## Access to Clinical Services:

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

## Clinic Locations:

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

## Payment options offered:

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

## Insurances Accepted:

- Aetna
- Blue Cross
- Cigna
- Medicare

## Meet DR. NANCY M. STECKLER, Psychologist

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

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

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



**Credentials:**

- Psychologist: Ph.D.

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

- English

**Areas of expertise:**

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

**Treatment modalities or clinical approaches:**

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

# THE CHILD & FAMILY INSTITUTE

THE CHILD & FAMILY INSTITUTE

121 Neperan Rd

Tarrytown, NY 10591

Email: [info@childfamilyinstitute.com](mailto:info@childfamilyinstitute.com)

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

Intake Number: (914) 439-5759

## Access to Clinical Services:

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

## Clinic Locations:

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

## Payment options offered:

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

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

(914) 874-1029

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

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

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

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

### **Credentials:**

- Psychologist: Psy.D.

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

- English

### **Areas of expertise:**

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

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

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

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

(202) 320-3383

drpreetisaigal@gmail.com

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

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

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

### **Credentials:**

- Psychologist: Ph.D.

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

- English

### **Areas of expertise:**

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

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

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

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

Psychologist, Tarrytown, NY

DrAdamWeissman@gmail.com

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

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

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

### **Credentials:**

- Psychologist: Ph.D.

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

- English

### **Areas of expertise:**

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

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

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

# THE NEW HOPE, MHCS

## THE NEW HOPE MENTAL HEALTH COUNSELING SERVICES

17 W. Merrick Rd  
Valley Stream, NY 11580

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

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

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

### Access to Clinical Services:

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

### Clinic Locations:

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

### Payment options offered:

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

### Insurances Accepted:

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

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

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

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

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

### **Credentials:**

- Mental Health Counselor: LMHC

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

- English

### **Areas of expertise:**

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

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

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

# THERAPY NOW

Zhuta Enterprises  
27 Fifth St  
Stamford, CT 06905

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

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

Intake Number: (203) 525-6496

## Access to Clinical Services:

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

## Clinic Locations:

- Stamford, CT
- Virtual

## Payment options offered:

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

## Insurances Accepted:

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

## Meet MENDIM ZHUTA, Chief Clinician, LMFT

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

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

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



**Credentials:**

- Marriage and Family Therapist: LMFT

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

- English

**Areas of expertise:**

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

**Treatment modalities or clinical approaches:**

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

# VALDEZ, WENDY, LCSW

WENDY VALDEZ, LCSW

Currently Only Offers Telehealth

Email: wendy.valdezlcsw@gmail.com

Intake Number: (646) 948-4100 AND (646) 409-1797

## Access to Clinical Services:

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

## Clinic Locations:

- Monroe, NY
- Virtual

## Payment options offered:

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

## Insurances Accepted:

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

## Meet WENDY VALDEZ, Licensed Clinical Social Worker

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

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

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

## Credentials:

- Social Worker: LCSW

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

- English
- Spanish

**Areas of expertise:**

- ADHD
- Adolescent
- Anger Management
- Anxiety
- Autism
- Behavioral Issues
- Career Counseling
- Couples/Marital
- Chronic Pain
- Depression
- Dual Diagnosis
- Family
- Grief
- Learning Disability
- Life Coach
- Parenting
- Relationship Issues
- Self-Esteem
- Stress
- Trauma & PTSD
- Women's Issues

**Treatment modalities or clinical approaches:**

- Acceptance & Commitment
- Cognitive Behavioral (CBT)
- Cognitive Processing (CPT)
- Dialectical Behavioral Therapy (DBT)
- Exposure Therapies
- Integrative
- Mindfulness-Based (MBCT)
- Motivational Interviewing
- Parent Child Interaction
- Psychodynamic
- Solution Focus Brief Therapy
- Trauma Focused

# WESTCHESTER JEWISH COMMUNITY SERVICES (WJCS)

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

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

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

Intake Number: (914) 737-7338 ext 3119

## Access to Clinical Services:

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

## Clinic Locations:

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

## Payment options offered:

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

## Insurances Accepted:

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

**Meet PATRICIA GROSSMAN,** Developmental Disabilities Director, LCSW

WJCS – Hartsdale, NY

Email: pgrossman@wjcs.com

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

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

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

**Credentials:**

- Social Worker: LCSW

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

- English

**Areas of expertise:**

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

**Treatment modalities or clinical approaches:**

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

## **Meet ANA RODGERS, Licensed Master Social Worker**

Yonkers, NY

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

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

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

### **Credentials:**

- Social Worker: CSW

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

- English

### **Areas of expertise:**

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

**Treatment modalities or clinical approaches:**

- Child Parent Psychotherapy
- Cognitive Behavioral (CBT)
- Family
- Play Therapy
- Trauma Focused
- Trauma Systems Treatment

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

Hartsdale, NY

Email: dswinton@wjcs.com

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

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

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

#### **Credentials:**

- Clergy
- Mental Health Counselor: LMHC

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

- English

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

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

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

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



# WESTCHESTER MENTAL HEALTH COUNSELING

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

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

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

Intake Number: (973) 886-8209

## Access to Clinical Services:

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

## Clinic Locations:

- White Plains, NY
- Virtual

## Payment options offered:

- Self-Pay: **Yes**
- 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
- Dual Diagnosis
- Marriage
- Men's Issues
- Parenting
- Relationship Issues
- Self Esteem
- Stress

**Treatment modalities or clinical approaches:**

- Adlerian
- Cognitive Behavioral (CBT)
- Couples/Marital
- Dialectical Behavioral Therapy (DBT)
- Person Centered
- Solution Focused /Brief Therapy

# WHITTAKER PSYCHOLOGICAL SERVICES

## WHITTAKER PSYCHOLOGICAL SERVICES

125 Glendale Rd  
Scarsdale, NY 10583

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

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

Intake Number: (914) 223-9912

### Access to Clinical Services:

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

### Clinic Locations:

- White Plains, NY
- Virtual

### Payment options offered:

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

### Insurances Accepted:

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

## **Meet DR. OSHIKA WHITTAKER,** Licensed Psychologist

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

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

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

**Credentials:**

- Psychologist: Ph.D.

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

- English

**Areas of expertise:**

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

**Treatment modalities or clinical approaches:**

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

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

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

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

Website: [www.withgodshelpmsw.wixsite.com/withgodshelp](http://www.withgodshelpmsw.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
- Social Worker: LCSW

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

- English

**Areas of expertise:**

- Addiction
- Anxiety
- Career Counseling
- Couples
- Depression
- Divorce
- Drug Abuse
- Dual Diagnosis
- Grief
- Internet Addiction
- Parenting
- Relationship Issues
- Self Esteem
- Spirituality
- Trauma & PTSD

**Treatment modalities or clinical approaches:**

- Christian Counseling
- Cognitive Behavioral (CBT)
- Couples/Marital
- Motivational interviewing
- Person Centered
- Solution Focused /Brief Therapy
- Trauma Focused

# WOMEN OF WORTH, LCSW

WOMEN OF WORTH, LCSW  
Currently Only Offers Telehealth

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

## Access to Clinical Services:

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

## Clinic Locations:

- Bronx, NY
- Virtual

## Payment options offered:

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

## Insurances Accepted:

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

## Meet SHAQUALA FIELDS, Founder, LCSW

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

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

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

**Credentials:**

- Social Worker: LCSW

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

- English

**Areas of expertise:**

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

**Treatment modalities or clinical approaches:**

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



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

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

## INDEX BY PROVIDER'S NAME

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