Counseling & Psychological Services (CPS)

Community Providers Guide

Updated 8/3/20

CPS maintains a referral database of mental health clinicians and mental health facilities in the surrounding Princeton area, as well as those located nationally and internationally. Some of the providers have worked with Princeton University students and/or their dependents in the past, but all of the providers in our database have identified themselves to the University. The information contained within this guide was solicited directly from community providers. It is not an exhaustive list of all of the providers who practice in the community or to whom we refer, as only those providers who elected to contribute information are included. CPS will provide you with several options, where possible, so that you may determine which particular provider is appropriate for you and your mental health needs.

CPS does not credential the providers in the referral database. Referral to any of these providers does not indicate that any University office will accept specific recommendations made by the provider or that the University endorses the treatment or interventions proposed. Verification of your provider’s credentials can be obtained from credentialing and licensing boards of a specific profession or institution and from state licensing boards. If you have any questions or concerns, please contact the Director of CPS at (609) 258-3141.
Diane A. Adler, MSW (LCSW)

1 Academy Circle Unit 119
Philadelphia, PA  19146
(267) 687-1703

Biography:

With over thirty years of practice I bring extensive training to my work. My strong psychodynamic background is combined with other modalities (behavioral and cognitive) in an integrated approach. I have speciality working with people struggling with compulsive eating however a lot of the work I do with this issue I apply to other issues people struggle with. In an empathetic, collaborative manner I try to create a safe environment with a high level of skill, patience and creativity.

In therapy with graduate students the work often is focused on dealing with depression, anxiety, self esteem, relationship and professional identity issues.

I graduated from Columbia School of Social Work and then received a Psychoanalytic Certificate. I also have a Certification in Eating Disorders. I recently closed my office in Manhattan & after April 2020 I will be working only at my Philadelpia office. Graduate students who live in Philly or students who move to Philly after graduation can be seen in my Center City location.

I am a Licensed Clinical Social Worker in NY, NJ and PA.

Areas of Specialization:  Compulsive Eating, Relationship Issues, Depression & Anxiety, parenting

Training/Certification:  Columbia University School of Social Work
National Institute of the Psychotherapies - Psychoanalytic Certificate
Certified Eating Disorder Specialist (IAEDP)

Theoretical Orientation:  Psychodynamic, Eclectic

Modalities:  Individual, Couples Counseling, Caregiver with baby/child

Insurance Accepted:  Princeton Aetna Student Health Plan (SHP), Out of Network

Fee Range for Self-Pay:  $190    Sliding Scale?  Maybe
Dorie Agarwal, LCSW, CEAP

Pronouns: Ms.
247 Nassau Street
Princeton, NJ 08540
(646) 246-1332

Biography:
Do you feel confused in your current situation, have unhealthy patterns of behavior, or troubled relationships? The first step of successful therapy begins with a genuine, respectful and empathetic connection between therapist and client. I am warm and personable, and strive to create a safe, supportive environment with each person. We will work together to create an individualized treatment plan. The goal will be to help you acquire healthier coping skills, develop increased self-awareness, and improve overall mental health and well-being.

I offer psychotherapy services for individuals and couples aged 18 and over. I have worked in business and clinical settings and appreciate the complexity of how psychological problems impact our personal and professional lives. My specialties are in young adult (age 18-35) issues and life stage changes, depression and anxiety, interpersonal/relationship concerns, overall life stressors, and personality disorders.

My approach involves exploring experiences, relationships, and/or struggles through your life and how it impacts and affects you. The goal of this experience will be to improve your life in meaningful ways. This will lead to greater insight, transformation and becoming “your better self.” Get in touch to start the work and journey.

Areas of Specialization: Personality Disorders, Mood Disorders, Relationship Issues, Life Stage Disruptions, Work/Career Struggles and Professional Coaching

Training/Certification: LCSW, CEAP, Certification in Psychoanalytical Psychotherapy for Adults

Theoretical Orientation: Psychodynamic, insight oriented, psychoanalytically oriented, some knowledge/background in DBT

Modalities: Individual, Couples Counseling, Family

Insurance Accepted: Princeton Aetna Student Health Plan (SHP)

Fee Range for Self-Pay: 160-175  Sliding Scale? Yes
Hue-Sun Ahn, Ph.D.

Pronouns: She/Her/Hers
145 Witherspoon Street, A-7
Princeton, NJ 08542-3228
267-255-6829
https://huesunahnphd.com/

Race and/or Ethnicity: Asian American
Gender Identity: Female

Biography:

Dr. Hue-Sun Ahn approaches psychological issues from the perspective that one’s psychological development is affected by one’s personal history and by the current environment. She enjoys helping individuals and communities identify strengths and resources that promote resiliency and healthy development.

Dr. Hue-Sun Ahn is a 1.5 generation Korean American who moved to the US at the age of 8, and she is bilingual in Korean and English. She received her bachelors degree from Johns Hopkins University and her masters and doctorate degrees in counseling psychology from University of Pennsylvania. She completed her pre-doctoral internship at the University of Pennsylvania Counseling and Psychological Services and has worked at several university counseling centers in the region, including Princeton University, The College of New Jersey and Temple University. She has been practicing for over 25 years, including over 15 years at this Princeton location.

Areas of Specialization: adjustment issues, racial identity/acculturation, body image or eating disorders, relationship concerns, faith and spirituality, family concerns

Training/Certification: Ph.D. in counseling psychology (University of Pennsylvania), licensed psychologist in NJ and PA

Theoretical Orientation: insight-oriented, interpersonal, mindfulness, integrative

Modalities: Individual, Couples Counseling

Language(s) Other than English: Korean

Insurance Accepted: Princeton Aetna Student Health Plan (SHP)

Fee Range for Self-Pay: $200 for initial consultation and $180 for follow-up sessions    Sliding Scale?
Maybe
Lesley Allen, Ph.D.

Pronouns: She, her, hers

330 N. Harrison St., Suite 6
Princeton, NJ 08540
609-458-0874
https://www.drlesleyallen.com

Race and/or Ethnicity: Caucasian

Biography:

I am a licensed psychologist in private practice in Princeton, NJ. My background includes a BA from Dartmouth College and graduate degrees (MS and PhD in Clinical Psychology) from Rutgers University. During the first 20 years of my career, I conducted research, lectured, and practiced psychotherapy at Princeton University and Robert Wood Johnson Medical School. I am currently Adjunct Associate Professor of Psychiatry at Rutgers-Robert Wood Johnson Medical School and Research Associate at Princeton Medical Institute.

I spent the majority of my academic career developing and studying the efficacy of various treatments for depression, anxiety, and somatic symptom disorders. I was awarded the Clinical Scientist Development Award from the National Institute of Mental Health for my research. I also received grant funding from the National Institutes of Health and various pharmaceutical companies to study treatments for depression, somatization, and fibromyalgia. My findings and interpretations of research outcomes have been published in numerous articles, book chapters, and books as well as being summarized in the popular press, such as the New York Times and the Washington Post.

I have been practicing psychotherapy, studying its impact, and training students and other clinicians for over 25 years. My academic endeavors enable me to use scientific findings to inform my clinical practice. My treatment approach is reasoned, compassionate, and practical. I collaborate with patients to facilitate deeper insight, healing, growth, and change.

Areas of Specialization: Anxiety, Health Anxiety, Somatization, Depression, Women’s Issues, Eating Disorders

Training/Certification: Ph.D., Clinical Psychology

Theoretical Orientation: Cognitive-behavioral/Humanistic

Modalities: Individual, Couples Counseling, Family

Language(s) Other than English:

Insurance Accepted: Out of Network

Fee Range for Self-Pay: Sliding Scale? Yes
Daphne Alroy-Thiberge, MSW

Pronouns: She, Her, Hers

100 Princeton Overlook Center
Princeton, NJ 08540
609-375-1570

Race and/or Ethnicity: Caucasian
Gender Identity: Female

Biography:

Welcome to Princeton Psychotherapy and Integrative Health (PPIH), where you, your values, and your self-determination are at the center of the healing process. We see you as a whole person, whose current reason for treatment is a product of multiple variables, which we work together to uncover and address. We also see you as an individual who is ready to embark on a journey where your valid needs are met, while you live life to the fullest.

At PPIH we offer a highly individualized, and often multi-disciplinary approach to optimize positive and timely outcomes for our clients. We use an array of therapeutic modalities which draw from Dialectic Behavioral Therapy, Trauma and Mindfulness-based CBT, and incorporate the latest neuroscience research into the process.

Your time is valuable. Many of our clients come to us feeling disheartened and frustrated after years of previous treatments which failed to produce results. We invite you to call us today for a confidential consultation, and begin to experience noticeable, positive advances in your state of well-being.

Areas of Specialization: Anxiety, Depression, Post Traumatic Stress Disorder, Complex Trauma, Cognitive Neuroscience, Autism Spectrum Disorders

Training/Certification: Training/Certification: Licensed Clinical Social Worker

Theoretical Orientation: Interpersonal, Attachment theory, Trauma Focused Cognitive Behavioral Therapy, Mindfulness based Cognitive Behavioral Therapy

Modalities: Individual, Group

Language(s) Other than English: Hebrew

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Out of Network

Fee Range for Self-Pay: Fee Range for Self-Pay: 185.00 - 225.00  Sliding Scale? Yes
Randi Asher, Psy.D.

Pronouns: she, her
NYC: 525 West End Ave., 1B, New York, NY 10024
NJ: 44 Godwin Ave., #100, Midland Park, NJ 07432
201-264-0322

Race and/or Ethnicity: white
Gender Identity: cisgender female
Sexual Orientation: heterosexual

Biography:

For over 20 years, I have worked as a clinical psychologist with college and graduate students to help them improve their lives in a safe, supportive environment. Early in my training, I worked at Columbia University’s Counseling Service as both a Psychology Intern and Post-Doctoral Fellow, and since, have continued to work in my private practice with students who are experiencing all phases of life struggle: anxiety, depression, identity, body image, separation, family conflict, relationship problems and academic/professional issues. Students are at an exciting time of their lives, and I personally find that this stage of life brings unique opportunities to make tremendous change. I recognize the task of opening up can be difficult and painful, and I consider it an honor to have someone share their story with me, and a privilege to work toward change together. In therapy, I focus on helping people improve their current lives, but also look to past experiences for deeper understanding, helping people develop a solid and secure sense of themselves while improving their symptoms.

Licensed in both New York and New Jersey, I have two convenient office locations, on the upper west side of NYC and in Bergen County, New Jersey. In addition to my private practice work, I am also a Guest Lecturer for new trainees at Mt. Sinai’s Psychology Internship and Fellowship programs, training new therapists about the significance of the therapeutic connection and alliance. You will find that I am an engaged, empathic, and interactive therapist. In our work together, I see myself as both facilitator but also, a partner in your healing, working along with you in a supportive environment. I utilize psychodynamic and cognitive-behavioral approaches to help you recognize and understand patterns that are not working, collaborate with you to find new solutions, and, most importantly, work together to help you feel better.

Areas of Specialization: Mood; anxiety; self-esteem; relationship/family conflict; body image; identity; academic/career difficulty; separation; assertiveness; fertility & parenting

Training/Certification: Doctor of Psychology in Clinical Psychology (Psy.D.), Ferkauf Graduate School, Yeshiva University, Bronx, NY, June, 1996
B.A., Psychology, Wesleyan University, Middletown, CT, May, 1988


New York State License Jan. 2000-Present

New Jersey State License August 2019- Present

Connecticut State License 1997-2000

Member American Psychological Association; APA Division 35 Psychology of Women

Theoretical Orientation: Though my original theoretical training was psychodynamic, I have found that a more eclectic approach which incorporates psychodynamic theory, short term treatment modalities including active listening, along with cognitive behavioral approaches, to be most effective.

Modalities: Individual, Group, Couples Counseling, Family

Language(s) Other than English:

Insurance Accepted: Princeton Aetna Student Health Plan (SHP)

Fee Range for Self-Pay: $150-$250 Sliding Scale? Yes
Kimberly Atwood, MA, LPC

Pronouns: She/Her/Hers

166 Bunn Drive
Princeton, NJ 08540
215-767-1224

http://kimatwood.com

Biography:

I am a holistic psychotherapist with over 15 years of experience. I am passionate about helping creative, motivated, ambitious, open-minded people feel confident & comfortable in their own bodies, reclaim their sexuality and desire, heal through sexual difficulties, and live happy, healthy, and empowered lives.

I work with people to better understand their relationships. Not only in relationship with partners and family members, but also their relationship to their own body, thoughts, stress, and self. I aim to help you feel more confident and comfortable in your own skin.

My professional and personal journey have led me to blend Western Psychology and Eastern Philosophy, mindfulness, compassion, breath and bodywork, neurobiology, mind-body techniques, and the creative healing arts when appropriate.

I also offer online therapy to anyone located in Indiana, New Jersey, New York, and Massachusetts, and Pennsylvania (the states in which I currently hold a professional license), and internationally. This help makes it possible to continue our work together during breaks and the summer.

Areas of Specialization: Anxiety / Body Image & Eating Disorders / Gender Affirming / Sex Therapy / Stress Management / Trans*-competent / Trauma

Training/Certification: In addition to being a psychotherapist, I am also a certified sex therapist. Sex therapy sessions are similar to those conducted with other counselors – sex therapy is talk therapy. I bring extensive training beyond the basic psychotherapy to address the highly personal psychological, physical and emotional issues around sexual concerns.

Theoretical Orientation: I tend to think outside the box and use a gentle engaged, interactive, collaborative, and creative approach. I look at the entire person, rather than a disorder or label. I recognize that one size does not fit all, and tailor my clinical approach to fit the unique needs and strengths of each individual.

Modalities: Individual, Couples Counseling

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Out of Network

Fee Range for Self-Pay: $200 Sliding Scale? Yes
Dara Bellace, Ph.D.

Pronouns: she / her

20 Nassau Street, Suite 307
Princeton, NJ 08542
732. 267.7933
darabellace@att.net
www.darabellace.com

Race and/or Ethnicity: Caucasian

Gender Identity: female

Biography:

I am a licensed clinical psychologist specializing in the evaluation and treatment of disordered eating and eating disorders. I treat preadolescents, adolescents and adults struggling with anorexia nervosa, bulimia nervosa, binge eating disorder and obesity. I offer my patients CBT and supportive psychotherapy as we address associated issues including anxiety, depression, stress management, family and relationship issues.

I am also one of a few Family Based Treatment (FBT) certified therapists in the country. Research led by my colleagues at Stanford has found FBT to be the most effective, intensive outpatient approach for the treatment of anorexia. I utilize this approach quite effectively with patients struggling with bulimia and binge eating well.

After many years as a full-time faculty member in the Eating Disorders Program at New York-Presbyterian Hospital/ Weill Cornell Medical College, I currently focus my clinical work in my private practice in Princeton, NJ.

Areas of Specialization: eating disorders, depression, anxiety

Training/Certification: Certified FBT therapist since 2006

Theoretical Orientation: cognitive behavioral therapy, supportive psychotherapy

Modalities: Individual, Family

Language(s) Other than English: some Spanish

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Out of Network

Fee Range for Self-Pay: Sliding Scale? Yes
Karin Belser, Ph.D.

Pronouns: She/Her
407 College Ave
PMB 367
Ithaca, NY 14850
607-269-5216

Race and/or Ethnicity: African American
Gender Identity: Cis female

Biography:

Areas of Specialization:
Training/Certification:
Theoretical Orientation:
Modalities: Individual

Language(s) Other than English:

Insurance Accepted: Princeton Aetna Student Health Plan (SHP)

Fee Range for Self-Pay: $125-$200 Sliding Scale? Maybe
Amy Bibb-Ford, MSW, LCSW

Pronouns: She, Her, Hers; Please tell me yours

20 Nassau Street Suite 111
Princeton, NJ 08540
484-538-5243

Race and/or Ethnicity: African American
Gender Identity: Cis female
Sexual Orientation: I am a straight therapist, LGBTQIA allied

Biography:

As a therapist with 20+ years experience, I establish a confidential, trusting relationship and help individuals, couples and families cope and move forward. My therapeutic approach is collaborative and transparent, informed by advanced training in treating trauma, evidenced based Emotionally Focused Couples Therapy (EFT), and family therapy. I am continuing my training in Accelerated Experiential Dynamic Psychotherapy (AEDP).

Therapy is tailored to your needs, whether for brief solution-focused work, or longer term in-depth processes. I work with children, adolescents, and adults and have particular expertise working with college-age populations. Academic focus, career aspirations, and young adult transitions, can be part of this endeavor.

Multicultural frameworks inform my approach; I have extensive experience with clients of varying racial and ethnic backgrounds, including immigrant populations. I am equally committed to working with all members of the LGBTQIA community.

Areas of Specialization: Anxiety, Depression, Trauma, Adult Life Transitions, Immigrant Experience and working with all members of the Adoption Triad

Training/Certification: Licensed Clinical Social Worker (LCSW); Licensed Marriage and Family Therapist (LMFT), I am trained in treating trauma, EFT, AEDP and Family Therapy.

Theoretical Orientation: Attachment based and Experiential.

Modalities: Individual, Couples Counseling, Family

Language(s) Other than English:

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Aetna, Cigna, Blue Cross/Blue Shield (Horizon), Blue Cross/Blue Shield (Other), Tri Care, Out of Network

Fee Range for Self-Pay: $100.00 and up Sliding Scale? Yes
Caroline Black, LSW, MSW, M.Ed.

Pronouns: she | her | hers

The Princeton Center for MindBody Healing, 245C Nassau Street
Princeton, NJ 08540
609-375-8727
www.tlpcounseling.com

Race and/or Ethnicity: White
Gender Identity: Woman

Biography:

Whether therapy is a familiar routine or something you’ve just decided to try, being vulnerable is almost always a challenge. The work of healing is often uncomfortable because it requires something new and untested: questioning deep-seated beliefs, trying different behaviors, and accepting difficult emotions. This takes an incredible amount of self-honesty and courage, and my primary goal is to create a space where you feel supported, curious, and brave.

I believe therapy is most transformative when it addresses both the “why” and the “how.” It’s helpful to understand why certain challenges arise repeatedly, and to understand how you can disrupt this pattern in your life. I use mindfulness skills and look critically at thoughts while exploring the origin of beliefs and behaviors that no longer serve you.

While we all have problems, we ourselves are not problems. It is through this perspective that I believe growth and freedom are possible, and I look forward to working toward these goals with you. Please feel free to reach out via email or phone, and I or our practice manager will respond to you.

Areas of Specialization: generalized anxiety; social anxiety; substance abuse; sexual wellbeing; sexual orientation; gender identity; emotional dysregulation; interpersonal relationship dynamics; nontraditional relationship exploration and support; stress management

Training/Certification: Master of Social Work, Master of Human Sexuality Education (Widener University)

Theoretical Orientation: Integrative, with focus on cognitive behavioral and psychodynamic approaches

Modalities: Individual

Language(s) Other than English:

Insurance Accepted: Princeton Aetna Student Health Plan (SHP)

Fee Range for Self-Pay: Up to $150 Sliding Scale? Yes
Janet Black, MSW/LCSW

Pronouns: She/her/hers

200 W 67th Street 5A
New York, NY 10023
609-647-7614

Race and/or Ethnicity: Caucasian

Gender Identity: female Sexual Orientation: heterosexual

Biography:

As a psychotherapist for over 30 years, I have increasingly returned to the contemplative traditions. I am also interested in creativity. I value the many approaches to understanding the human psyche and the many states of mind, from both western and eastern perspectives.

Areas of Specialization: In-depth and relational psychotherapy for adults, who struggle with depression, anxiety, panic disorder, self-esteem, social phobia and life transitions. I am interested in trauma - both acute and chronic and in complicated bereavement.


Theoretical Orientation: My foundational training is psychodynamic - interpersonal and person centered.

Modalities: Individual, Couples Counseling, Family, Caregiver with baby/child

Language(s) Other than English: None

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Out of Network

Fee Range for Self-Pay: $160-$175 Sliding Scale? Maybe
Hathi Blackman, LCSW

Pronouns: She, Her, Hers

66 Coneflower Lane
West Windsor, NJ 08550
609-577-5447
www.hathiblackman.com

Race and/or Ethnicity: Caucasian

Gender Identity: Cis - Female

Sexual Orientation: Straight therapist, LGBTQIA - allied

Biography:
My work with clients centers around self knowledge, authenticity and skill building to enhance joy in all phases of life. For more information, please refer to my web page: www.hathiblackman.com

Areas of Specialization: Eating concerns, life transitions, stress management, grief work, body image, academic/career difficulty, divorce/separation, relationship issues

Training/Certification: Psychodrama, EFT, DBT, mindfulness meditation,

Theoretical Orientation: Eclectic

Modalities: Individual, Family

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Out of Network

Fee Range for Self-Pay: Sliding scale Sliding Scale? Yes
Carol Blum, Psy.D.

Pronouns: She/her

44 Nassau Suite #365
Princeton, NJ 08542
609-497-4783

Biography:

I work with students who are struggling with academic problems, social or family complications, self-regulation difficulties, executive dysfunction, chronic health problems, anxiety, depression, and bipolar disorder. With my doctorate in clinical psychology and additional specialization in school psychology, I understand the overlap of learning difficulties, distractibility, procrastination, disorganization, and stress. I also know that individuals struggling with significant mood problems have a hard time learning or socializing due to the distraction of worries, perfectionism, social comparisons, low confidence, avoidance, and loss of concentration or motivation.

Our initial work is coming to a mutual understanding of the current problem and how it impacts daily life. Feeling understood is an essential first component of a therapeutic relationship. From that attuned understanding, we will develop goals and an approach for feeling more functional. My approach is active, engaged, pragmatic, collaborative, and aimed at stabilizing and improving mood and behavior. As time and interest allows, we may opt to work in a more exploratory, in-depth manner.

My office is conveniently located at 44 Nassau Street, in a quiet 3rd floor location facing a rear private courtyard.

Areas of Specialization: Mood disorders, academic difficulties

Training/Certification: Doctorate in Clinical Psychology, Certificate in School Psychology

Theoretical Orientation: I have training in a variety of therapeutic approaches, including insight-oriented therapy, cognitive-behavioral therapy (CBT), dialectical behavior therapy (DBT), and a background in educational/diagnostic testing. Increasingly, I find that incorporating simple mindfulness activities can provide soothing relief.

Modalities: Individual

Insurance Accepted: Princeton Aetna Student Health Plan (SHP)

Fee Range for Self-Pay: 180-225 Sliding Scale? Yes
Nasya Breach, Psy.D.

Pronouns: She/Her/Hers

20 Nassau Street
Princeton, NJ 08542
(646) 709-2715

Race and/or Ethnicity: African American
Gender Identity: cisgender woman
Sexual Orientation: heterosexual

Biography:

Dr. Nasya Breach is a clinical and health psychologist with expertise in addressing the unique emotional, behavioral and interpersonal challenges faced by university students and young adults. In her work she uses a holistic approach in attending to the physical, mental, emotional, social and spiritual dimensions of her clients' lives, and integrates a variety of evidence-based treatment paradigms into her approach. In addition to her expertise in addressing problems related to mood, anxiety, adjustment to university life, and academic stressors, Dr. Breach specializes in working with clients around: enhancing mind-body balance and self-regulation; optimizing health and wellness behaviors (e.g., stress management, weight management, tobacco cessation, chronic illness management, pain management, sleep); coping with chronic and/or serious medical illness and physical disability; adapting to life transitions, grief, and loss; and exploring existential and spiritual concerns. Dr. Breach is particularly passionate about supporting authentic, aligned, value-based living, and is especially committed to holding safe, affirming and empowering space for members of historically marginalized and oppressed communities. She cultivates a warm, genuine and collaborative style that centers the unique experiences, values and goals of her clients. At this time many of her sessions are being offered via Telehealth—a free, easy-to-use and HIPAA-compliant videoconferencing platform designed specifically to host remote psychotherapy sessions.

Areas of Specialization: Concerns around physical health and spirituality (details in bio).

Training/Certification: Doctorate in Clinical Psychology (Rutgers University); Fellowship in Health Psychology (Hartford Hospital/Institute of Living).

Theoretical Orientation: Integrative

Modalities: Individual

Language(s) Other than English: None

Insurance Accepted: Princeton Aetna Student Health Plan (SHP)

Fee Range for Self-Pay: $180-$200  Sliding Scale? No
Sandra Brown, LCSW

Pronouns: She/Her/Hers
71 Battle Road
Princeton, NJ 08540
(609) 924-6595

Race and/or Ethnicity: Caucasian
Gender Identity: Female   Sexual Orientation: Heterosexual

Biography:
I consider the process of therapy to be a joint effort. I place an importance on the therapeutic relationship, which requires respect of the individual's beliefs, concerns and conflicts. It is important to establish a trusting, non-judgmental, helpful, safe place for my clients to examine their innermost fears and desires towards themselves and others. I try to help them understand the patterns of behavior developed during their early years and how these patterns play out in their current relationships, which may often cause conflict and distress.

Often times, a person can seek therapy because they are faced with a current life challenge, which requires support to manage overwhelming feelings of sadness, anxiety and self-doubt. I believe that having the caring, empathic presence of a therapist who can provide a calming and stabilizing environment a person can begin to feel better. The individual is offered the freedom to express whatever positive or negative emotions that attend this event without self-censure. I find that encouraging a client to engage in mindfulness based coping skills and meditation can often be useful to address their anxiety and the tendency to self-criticize.

I believe that understanding oneself is a life long process; therapy provides a variety of coping skills and insights to enhance this ongoing project.

Areas of Specialization: Adults/Anxiety/Mindfulness
Training/Certification: Couples Therapy
Theoretical Orientation: Psychodynamic / Attachment Theory
Modalities: Individual, Couples Counseling, Bereavement,
Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Out of Network, depends whether client’s insurance accepts Social Work Degree
Fee Range for Self-Pay: $180   Sliding Scale? Maybe
Lisa Burditt, LPC

Pronouns: She/Her/Hers
20 Nassau Street - Suite 412
Princeton, NJ 08542
609-751-1563
Race and/or Ethnicity: Caucasian
Gender Identity: Female   Sexual Orientation: Heterosexual

Biography:

I believe in the profound gift that quality mental health care can confer and that reaching out for support is a form of personal empowerment and an indication of strength and hope. All individuals have the capacity to effect positive change in their lives; sometimes we just need someone to support us in identifying and understanding the thought processes and behaviors that may contribute to challenges and difficulties in our lives.

I help my clients find joy and meaning by leveraging their personal gifts and wisdom in order to achieve their short and long-term life goals. Together we work to understand and gain insight into past conflicts and traumatic experiences and apply those insights towards resolving behaviors that may be interfering with their present lives and relationships. I may also recommend the incorporation of practical behavior modification modalities, when appropriate, to accelerate short term progress.

I provide counseling specializing in the treatment of eating disorders, anxiety and depressive disorders, life transitions such as adjusting to college, and have extensive experience working with individuals in the LGBTQ community. My clinical approach is integrative as I draw from multiple therapeutic modalities in order to create an individualized and effective treatment plan for each of my clients. I have expertise and training in Psychodynamic Psychotherapy, Dialectical Behavior Therapy, Acceptance and Commitment Therapy, Cognitive Behavioral Therapy, and Eating Disorder Recovery. I also believe that mindfulness can have powerful application across all modalities.

I consider it an honor and a privilege to be invited into the lives of my clients and to travel their journey with them through healing, positive change and self-empowerment. I would be honored to support you in overcoming challenges, finding joy and actualizing and attaining your life dreams and goals.

Areas of Specialization: Anxiety and Depressive Disorders, Eating Disorders, Adjustment Disorders, Personality Disorders. I am an LGBTQ advocate.

Training/Certification: Certified in Dialectical Behavior Therapy and have extensive training and experience in Acceptance & Commitment Therapy and treatment of Eating Disorders (Anorexia Nervosa, Bulimia, Binge Eating Disorder, Orthorexia, ARFID and Eating Disorders not otherwise specified (NOS)). Extensive experience leading Mindfulness-based groups.

Theoretical Orientation: Integrative - Psychodynamic orientation incorporating evidence-based behavioral modalities such as Dialectical Behavior Therapy.
Modalities: Individual, Group, Family

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Out of Network

Fee Range for Self-Pay: Sliding Scale  Sliding Scale? Yes
Adriana Cadavid, LCSW

83 Princeton Ave
Hopewell, NJ 08525
6467897898

Race and/or Ethnicity: Latina
Gender Identity: Female   Sexual Orientation: Heterosexual

Biography:
Spanish speaking psychotherapist who specializes in emotion dysregulation and difficulty managing change. Multi culture and diversity are of special interest and enjoyment. Mindfulness is in my daily practice and acceptance is my main tool.

Areas of Specialization: Behavioral and Interpersonal challenges

Training/Certification: LCSW

Theoretical Orientation: DBT - Dialectical Behavior Therapy

Modalities: Individual, Group, Couples Counseling, Family

Language(s) Other than English: English and Spanish

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Aetna, Tri Care, Out of Network

Fee Range for Self-Pay: Will discuss   Sliding Scale? Yes
Lisa Canzano, MSW, LCSW

Pronouns: She, Her, Hers
22 Stockton Street (as of May 2020)
Princeton, NJ 08540
(609) 557-7641

Race and/or Ethnicity: Caucasian
Gender Identity: Female
Sexual Orientation: Heterosexual

Biography:

I provide psychotherapy with compassion, humor, and the ability to be direct and genuine. Most important to its success is first establishing a non-judgmental, collaborative relationship so together we can identify and flexibly address your particular needs. From there our work may include identifying familiar patterned behaviors and learning specific coping and problem solving skills to allow for new ways to relate to yourself, to others, to strengthen your mind, and deepen your emotional resilience. Our work will draw on a combination of treatment modalities including short term solution-focused practices, mindfulness, DBT, CBT, and neurobiological understandings. I work with a range of issues including anxiety, depression, procrastination, anger, relationship challenges, mood and dissociative disorders, addictions, eating disorders, and trauma. I understand that making that first call is often the most difficult step. It is your strength and courage that has brought you to this moment where you have chosen to seek support. My office hours are flexible and I can offer weekend appointments when needed. I am within walking distance to the University at 22 Stockton Street, Suite 202.

Training/Certification: Dialectical Behavioral Therapy (DBT)

Theoretical Orientation: Psychodynamic

Modalities: Individual, Caregiver with baby/child

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Out of Network

Fee Range for Self-Pay: $150.00 Sliding Scale? Yes
Kim Casarona, DSW

Pronouns: she/her/hers
361 Nassau Street Suite C
Princeton, NJ 08540
609-610-8153

Gender Identity: Female

Biography:
In more than 30 years of practice, I have had the privilege of working with hundreds of clients experiencing a wide variety of struggles. My approach to therapy is collaborative and highly individualized drawing on years of advanced training and professional experience.

My experience as a therapist has led to my belief that reducing problems is only a piece of successful therapy. Of equal importance is helping people to access strengths, increase happiness and build desired-lives. To support this process, I help my clients to look beyond their problems and what they don’t want and turn their attention to what they do. I integrate research-based interventions scientifically shown to improve relationships, habits, thoughts and behavior to not only alleviate suffering but to increase happiness and create lives that are consistent with their personal goals and values.

Areas of Specialization: Anxiety, Adult Children of Alcoholics, life transitions, parenting, family of origin issues

Training/Certification: Doctoral level Licensed Clinical Social Worker and Licensed Clinical Alcohol and Drug Counselor.

Theoretical Orientation: My approach to therapy is individualized and integrative, drawing on advanced training in multiple modalities including: Positive Psychology, CBT, Solution Focused, Narrative Therapy, and Family Systems Theory.

Modalities: Individual, Family, Caregiver with baby/child

Language(s) Other than English: None

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Out of Network

Fee Range for Self-Pay: $180  Sliding Scale? No
Kristy Castle, LCSW

Pronouns: She/Her/Hers

20 Nassau St. Suite 111
Princeton, NJ 08540
201-406-3127

Race and/or Ethnicity: Caucasian, Irish/Italian
Gender Identity: Female

Biography:

Finding the right fit with a therapist can be a journey...I am open to talk with you or meet to see if the connection feels comfortable. We will work together to discover (or rediscover) a sense of peace and healing in your life. My work is now primarily with women from the ages of 17 and up. My intention is providing a safe space to process, heal and overcome different challenges you may have faced in your past or are currently dealing with today. My goal is to always to meet you where you are emotionally and provide a holistically based and emotionally safe environment to start a journey of healing together. My practice has always been highly individualized depending on each persons path and personal goals. I have worked independently for over 15 years and feel grateful to be able to support people during some of their most vulnerable times. My hope is to always provide guidance and unconditional professional support while offering an incredibly safe and nurturing space to do important work together. Sometimes the beginning of this process can feel difficult but while healing and self-exploration can be hard...it is not impossible and I feel confident in creating connections with my clients that allow them to grow. We will take risks and explore vulnerabilities and through that I walk with you as you feel real connection, find your most important voice and experience meaningful personal growth. Feel Free to reach out and ask questions...I am here to listen.

Areas of Specialization: Trauma Recovery, PTSD, Anxiety, Depression, Adjustment Issues, Self-Esteem/Self-worth, Feminist Perspective,

Training/Certification: Licensed Clinical Social Work; Certified Clinical Social Work Supervisor; Certification In Child and Family Work; Many trainings on Trauma Informed Practice; Healing Trauma Through Various Modalities

Theoretical Orientation: Compassion Focused, Strength Based, Psychodynamic and Holistic based therapies.

While I utilize many different theoretical models, (DBT, CBT, and many others) however, my true experience has been the most important model for change is the connection that develops between therapist and client over time.

Modalities: Individual, Group
Insurance Accepted: Princeton Aetna Student Health Plan (SHP)

Fee Range for Self-Pay: $150- $180 per session  Sliding Scale? Yes
Navigating life can be challenging, especially when we are dealing with emotional pain, relationship problems or addiction. At times the assistance of a therapist is needed to help regain stability. The foundation of therapy is the therapeutic relationship between therapist and client. I have extensive experience treating depression, anxiety, trauma, substance abuse, stress, relationship issues (intimacy & sexuality), anger management, compulsive behaviors and sexual addictions.

I assist the client in identifying the roots of their issues and together we develop a strategy to improve their overall level of functioning. I believe that when the client feels empowered, they will be more successful in reaching their therapeutic goals. My treatment approach is direct, yet nurturing.

**Training/Certification:** EMDR

**Modalities:** Individual, Couples Counseling

**Language(s) Other than English:** Spanish

**Insurance Accepted:** Princeton Aetna Student Health Plan (SHP), Out of Network

**Fee Range for Self-Pay:** $150-$200  **Sliding Scale?** Yes
Nicole Cirigliano, MSW

Pronouns: she/her
20 Nassau Street Suite 311
Princeton, NJ 08542
732-309-4199

Race and/or Ethnicity: white
Gender Identity: Female    Sexual Orientation: heterosexual

Biography:
I believe all individuals and families already possess the strength they need to make positive changes, and sometimes just require a comfortable and nurturing place to obtain additional knowledge and skills to make that change happen. I pride myself in being warm, open, and honest. I have worked with hundreds of clients of all different backgrounds, ethnicities and cultures, all with similar goals to improve their daily existence and find joy in everyday life with the people they love.

Areas of Specialization: Anorexia/Bulimia, Binge eating disorder, distorted body image, Depression/Mood disorders, Anxiety, Trauma, Grief and Loss

Training/Certification: MSW from New York University

Theoretical Orientation: I utilize an integrative treatment approach involving both psychodynamic as well as cognitive behavioral therapy. I incorporate mindfulness and distress tolerance into my practice. I provide individual, marital and family therapy.

Modalities: Individual, Group, Couples Counseling, Family

Language(s) Other than English: English

Insurance Accepted: Princeton Aetna Student Health Plan (SHP)

Fee Range for Self-Pay: 175    Sliding Scale? Yes
**Biography:**

The most critical variable that portends for successful psychotherapy is a positive therapeutic alliance... is there a good fit between patient and therapist. I therefore offer a free initial consultation to mutually determine if a new patient and I feel we can successfully work together.

**Areas of Specialization:** young adult, anxiety, depression, relationship issues

**Training/Certification:** Ph.D Clinical Psychology

**Theoretical Orientation:** psychodynamic, CBT, mindfulness

**Modalities:** Individual

**Insurance Accepted:** Princeton Aetna Student Health Plan (SHP), Out of Network

**Fee Range for Self-Pay:** $180-260  **Sliding Scale?** Yes
Kerri Danskin, Ph.D.

Pronouns: she, her, hers

247 Nassau St.
Princeton, NJ 08540
609-991-4127
http://www.kerridanskin.com

Race and/or Ethnicity: White
Gender Identity: Female  Sexual Orientation: Heterosexual

Biography:

Deciding to start therapy is an intensely personal step, sometimes difficult, sometimes exciting, but always stemming from reasons that are particular to the individual. My approach as a psychologist is to hold this in mind in each therapeutic interaction. I start from a position of curiosity about the person in front of me, knowing that they are absolutely unique. Within the context of that uniqueness, nearly all of my clients share two desires—to suffer less and to find more ways to flourish. Together we pursue those desires, bearing in mind the psychological, societal, interpersonal, political, and academic issues that may influence each person’s development.

Some of my clients are seeking help with a specific problem or goal, perhaps adjusting to university life; developing their social skills; increasing confidence; alleviating a depressed or anxious mood; eating/body image concerns; or navigating a specific family issue. With these clients, I tend to focus on building skills and problem-solving, utilizing my training and experience in Cognitive Behavioral Therapy and/or Dialectical Behavior Therapy.

Other clients have broader concerns including, for example, examination of personal or spiritual values; individuation from their families of origin; gender identity; how they relate with others; and how they experience emotions. With these clients I utilize a psychodynamic approach, which means that together we draw from their personal histories in an effort to understand how they arrived at their current place in life and plan for how they would like to shift or continue that narrative.

Invariably, the work I do with my clients involves their relationships with others, which can provide important insights. In forming our therapeutic relationship, I provide a space for clients to try new ways of processing and expressing emotions, offering feedback, guidance, and support that may have been difficult for them to seek elsewhere.

Areas of Specialization: Eating and body image concerns, reproductive Issues (abortion, miscarriage, infertility, pregnancy/birth stress and trauma, post-partum disorders and adjustment), trauma, family and other relationships

Training/Certification: Post-doctoral fellowship in treatment of eating/body image concerns; Emotionally-Focused Therapy (EFT) for couples; Cognitive Behavioral Therapy (CBT); certification in Social Skills Training
**Theoretical Orientation:** Psychodynamic, relational, with CBT/DBT-based skill building and problem solving elements

**Modalities:** Individual, Group, Couples Counseling, Caregiver with baby/child

**Insurance Accepted:** Princeton Aetna Student Health Plan (SHP)

**Fee Range for Self-Pay:** Sliding Scale? No
Daphne Alroy-Thiberge, LCSW

Pronouns: She, Her, Hers

100 Princeton Overlook Center
Princeton, NJ 08540
609216-5697

Race and/or Ethnicity: Caucasian
Gender Identity: Female

Biography:
Welcome to Princeton Psychotherapy and Integrative Health (PPIH), where you, your values, and your self-determination are at the center of the healing process. We see you as a whole person, whose current reason for treatment is a product of multiple variables, which we work together to uncover and address. We also see you as an individual who is ready to embark on a journey where your valid needs are met, while you live life to the fullest.

At PPIH we offer a highly individualized, and often multi-disciplinary approach to optimize positive and timely outcomes for our clients. We use an array of therapeutic modalities which draw from Dialectic Behavioral Therapy, Trauma and Mindfulness-based CBT, and incorporate the latest neuroscience research into the process.

Your time is valuable. Many of our clients come to us feeling disheartened and frustrated after years of previous treatments which failed to produce results. We invite you to call us today for a confidential consultation, and begin to experience noticeable, positive advances in your state of well-being.

Areas of Specialization: Anxiety, Depression, PTSD, Complex PTSD, Cognitive Neuroscience Spectrum

Training/Certification: Licensed Clinical Social Worker

Theoretical Orientation: Interpersonal, Attachment theory, Trauma Focused Cognitive Behavioral Therapy, Mindfulness based Cognitive Behavioral Therapy

Modalities: Individual, Group

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Out of Network

Fee Range for Self-Pay: 185.00 - 225.00  Sliding Scale? Yes
Lavanya Devdas, Ph.D. MSW  

Pronouns: She, her, hers  
275 South Main Street Suite #10  
Doylestown, PA 18901  
267-652-0467  
https://www.inner-refuge-counselingandconsultation.com/  

Race and/or Ethnicity: Asian  
Gender Identity: Female  Sexual Orientation: Heterosexual  

Biography:  
Who has not experienced feeling blue, restlessness, feeling on edge? I use a compassionate focused relational approach to examine your thoughts, feelings and behaviors when you are concerned about your mental health, based on your cultural preferences and the demands of an immediate environment. Managing relationships, stress and time management, and adjusting to different cultures, especially if you are an international student, can be overwhelming and takes a toll on your physical and mental health, social life and academic performance. I use concrete, specific coping strategies including mindfulness to help you rediscover the strengths within you.  

Areas of Specialization: Anxiety, depression, relational challenges, self-esteem, cultural adjustment, intersecting identities and identity development, stress management, grief and loss, and life transitions.  

Training/Certification: Cognitive behavior therapy, culturally sensitive therapy, dialectical behavior therapy, mindfulness.  

Theoretical Orientation: I use an integrative approach to therapy. In collaboration with the potential client, I explore and identify individual thought patterns and responses to current stressors, in relation to their early childhood experiences, cultural contexts, and family values. I also explore the client's responses within the context of the immediate environment he/she/they live in and interact with. Based on the client's style and stated preferences, and collaborative exploration, I model concrete and holistic coping strategies in the form of immediate feedback in session aimed at offering alternative ways of responding, mindfulness, rehearsing having difficult conversations, diaphragmatic breathing, body scan, and time management.  

Modalities: Individual, Group, Couples Counseling  
Language(s) Other than English: Tamil, Hindi  

Insurance Accepted: Princeton Aetna Student Health Plan (SHP)  
Fee Range for Self-Pay: $80-$120  Sliding Scale? Yes
In addition to providing traditional talk therapy, I specialize in a form of brain science called neurofeedback. This form of therapy involves a balancing of the nervous system through a non-cognitive form of brain training and offers people an effective tool to reduce tension and anxiety when it is most needed. Many people are simply not aware that they may be in a chronic state of general restlessness; stress and anxiety have become a way of life. When people finally feel what it is like to have a more relaxed nervous system, the shift can be life-changing.

I am also one of only two Certified Bioenergetic Therapists in New Jersey. This cutting-edge form of body-centered psychotherapy involves tapping into the body’s own wisdom, combining emotional experiences with the body’s muscular and physiological responses to produce substantial psychological change. Research shows that traumatic stress has little to do with cognition—it emanates from the emotional part of the brain, which is accessed through the body. I have spent more than ten years studying and applying this specialized form of psychotherapy and find deep satisfaction in helping others receive its benefits.

Having spent over a decade working at Princeton University, I have an appreciation for the inherent challenges that often arise within Princeton’s academic and social culture. My clients find me to be firmly committed to their personal growth.

If you are seeking relief from issues related to anxiety, depression, panic attacks, addiction, obsessive-compulsive disorder (OCD), attention-deficit/hyperactivity disorder (ADHD), or post-traumatic stress disorder (PTSD), please reach out to me. My approach will be customized to meet your needs with the goal of helping you escape the stress cycle and live a more satisfying and productive life.

Areas of Specialization: Anxiety (performance, social, general), stress management, and self-esteem, trauma

Training/Certification: Certified Neurosynchrony Neurofeedback Coach; Certified Bioenergetic Therapist; Certified Open Focus Coach (a mindfulness method used to reduce anxiety and enhance performance)

Theoretical Orientation: Psychodynamic; Humanistic; Transpersonal; Neurological
Modalities: Individual, Group

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Cigna

Fee Range for Self-Pay: $150  Sliding Scale? Yes
Nathalie Edmond, PsyD

Pronouns: she, her, hers
1330 Parkway Ave, Suite 7
Ewing, NJ 08628
609-403-6359
mmcounselingcenter.com

Race and/or Ethnicity: Black
Gender Identity: female  Sexual Orientation: bisexual

Biography:
I am a licensed clinical psychologist who is also an experienced yoga teacher. I worked at CPS for five years coordinating the Mind-Body team and the Eating Disorder team. My approach to therapy is grounded in the idea that the body tells a story about our life experiences, particularly trauma, and we have to integrate our mind, body and spirit for true healing to occur. I infuse mindfulness into the therapy room to help people identify patterns that contribute to depression, anxiety and self harm behaviors. We explore family of origin issues and larger societal pressures and biases that contribute to individual suffering. We balance strategies focused on acceptance with problem solving and skill development as needed. I am intensively trained in DBT, EMDR, and Sensorimotor psychotherapy (mind body approach to trauma and attachment issues).

Areas of Specialization: trauma, BIPOC, LGBTQIA+, depression, anxiety, emotional dysregulation,

Training/Certification: EMDR, DBT, Sensorimotor, Yoga and Meditation Teacher

Theoretical Orientation: mindfulness based, attachment, mind-body-spirit integration, social justice/multicultural

Modalities: Individual, Group, Couples Counseling

Language(s) Other than English:

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Blue Cross/Blue Shield (Horizon), Out of Network

Fee Range for Self-Pay: 145 to 175  Sliding Scale? No
Annalisa Erba, Psy.D.

Pronouns: She

156 Fifth Avenue (at 20th Street)
New York, NY 10010
212-920-0350


Race and/or Ethnicity: Caucasian

Gender Identity: Female

Biography:
Please see a full practice description on my Psychology Today website page

Areas of Specialization: Anxiety, family of origin + relationship issues, bereavement, cross-cultural issues, fertility

Training/Certification: Doctoral degree in Clinical Psychology

Theoretical Orientation: Psychodynamic

Modalities: Individual

Language(s) Other than English: Italian

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Wellfleet

Fee Range for Self-Pay: $175-275  Sliding Scale? Maybe
Pamela Farrell, BFA, MSW

Pronouns: she/her/hers/they/them/theirs

20 Nassau Street Suite 117
Princeton, NJ 08822
908-246-1448


Race and/or Ethnicity: caucasian

Gender Identity: cis f  Sexual Orientation: pan/queer

Biography:

One size never fits all. Using a collaborative approach, I work to help clients identify goals and areas for change. Building on your unique strengths and resiliencies, we will work to integrate and enhance skills needed to manage anxiety, depression, stress, and relationship, identity, and sexual issues. My goal is to help clients explore past interpersonal patterns and relational dynamics in a safe therapeutic setting, in order to create more positive, healthy, and fulfilling experiences for the future. Additionally, I use psycho-education to deepen an understanding of healthy communication skills, boundary management, emotion regulation and increased distress tolerance.

Areas of Specialization: Trauma, Identify Development, MIindfulness, Self-Compassion/Positive Psychology

Training/Certification: LCSW; a range of trauma-based therapy approaches including attachment-focused, somatic, mindfulness, DBT, CBT, psychodynamic

Theoretical Orientation: multiple

Modalities: Individual, Couples Counseling, Caregiver with baby/child, Occasional workshop/seminars combining psycho-ed and discussion

Language(s) Other than English: none

Insurance Accepted: Princeton Aetna Student Health Plan (SHP)

Fee Range for Self-Pay: 175-200  Sliding Scale? Maybe
Ann Favaloro, LPC

Pronouns: she/her/hers

9 Mercer Street, 2nd floor
Princeton, NJ 08540
609-216-0177

Race and/or Ethnicity: caucasian
Gender Identity: female       Sexual Orientation: straight

Biography:

My practice offers caring and knowledgeable support. It takes courage to pursue therapy, so I provide a warm and non-judgmental environment in which effective therapy can take place. I have worked with Princeton students for over 10 years, managing such issues as anxiety, academic stress, self-criticism, perfectionism, feelings of inadequacy, relationship concerns, and depression. My work with clients shows me that a balance of psychodynamic and mindfulness-based approaches can be life changing. Gaining self-awareness about our underlying beliefs and conditioning makes it possible to move forward in a more conscious and empowered way. Becoming more mindful in our day-to-day lives is calming and freeing. Different approaches are called for at different times in life. Sometimes you just need a little extra support and some coping strategies to get through a rough time, or sometimes going deeper to gain insight will transform old patterns.

I have been in practice for 18 years. In my practice I help you to consider and honor your whole self: mind, body, emotions and spirit. I earned my Masters in Counseling at Antioch New England and have completed trainings in Mindfulness and its applications to therapy. Additionally, I have training and expertise in postpartum depression and anxiety and have worked with graduate students and women in the broader community in addressing these concerns. I have experience working with clients from diverse religious and cultural backgrounds, varied racial and ethnic identities and differing sexual orientations. My practice is warmly and respectfully open to all. I draw upon many years of experience and a variety of approaches to best meet your unique needs.

Areas of Specialization: Anxiety, Depression, Relationship concerns, Postpartum Depression, Grief

Training/Certification: MA in Counseling Psychology, LPC, Certified Counselor of Psychosynthesis, Training at Postpartum Stress Center, Trainings at Insight Meditation Society and Barre Center for Buddhist Studies

Theoretical Orientation: Psychodynamic, Mindfulness-based

Modalities: Individual

Insurance Accepted: Princeton Aetna Student Health Plan (SHP)

Fee Range for Self-Pay: 120-180       Sliding Scale? Yes
Robin Fein, LCSW

20 Nassau St. Suite 229
Princeton, NJ 08542
609-658-6268

Gender Identity: Female

Biography:

I have had extensive experience working with Princeton students. I understand the complex demands that academic life can place on mental well being.

My areas of expertise are: depression, anxiety, bi-polar disorder and improving interpersonal relationships. Also, I have clinical experience working with individuals who have experienced sexual trauma.

I have helped many students manage stress related to long term goals such as completing their PhDs.

I have worked with many international students who must also navigate cultural adjustments.

Also, I have worked with many first generation college students who need additional support to succeed.

I believe that psychological growth is a positive experience that enhances this uniquely important time.

Areas of Specialization: Depression, anxiety, bi-polar disorder, sexual trauma, first generation college students, international students

Training/Certification: LCSW

Theoretical Orientation: I am trained in psychodynamic psychotherapy. In addition, I utilize motivational planning and mindfulness to reduce anxiety.

Modalities: Individual, Couples Counseling, Family

Insurance Accepted: Princeton Aetna Student Health Plan (SHP)

Fee Range for Self-Pay: 80-100   Sliding Scale? Maybe
Antonia Fried, Psy.D.

Pronouns: She/Her/Hers
44 Nassau Street, Suite 365
Princeton, NJ 08542
609-876-9311
Race and/or Ethnicity: Caucasian
Gender Identity: Cisgender

Sexual Orientation: Hetero, LGBTQIA Ally

Biography:

I would best describe my approach to therapy as interactive, relational and collaborative. While I’m trained in several frames – psychodynamic psychotherapy, Dialectical Behavioral Therapy, cognitive behavioral therapy, Ericksonian hypnotherapy, and EMDR – I aim to offer treatment that best suits the needs and style of each client. Having lived and worked in several countries, I believe in focusing on each client’s cultural and personal background to gain an understanding of the presenting issues from this perspective. I have been privileged to work with the Princeton University community for 20 years. Prior to going into private practice full time, I ran programs for teens in New Brunswick and trained clinicians in the treatment of trauma at Robert Wood Johnson Medical School. And in my life before that, I studied the history of medicine and the treatment of the mentally ill, a subject area that continues to be my strong interest.

Areas of Specialization: Trauma, international clients, mood disorders, anxiety, relationship issues

Training/Certification: I have training in psychoanalytic psychotherapy, Dialectical Behavior Therapy, cognitive behavioral therapy, trauma therapy, Ericksonian hypnotherapy, EMDR, and Accelerated Experiential Dynamic Psychotherapy.

Theoretical Orientation: While my primary orientation is intersubjective psychodynamic, I also utilize training and techniques from Dialectical Behavior Therapy, and cognitive behavioral therapy.

Modalities: Individual, Group, Couples Counseling

Language(s) Other than English: Conversational Italian and French

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Out of Network

Fee Range for Self-Pay: upon request Sliding Scale? Maybe
Dafna Fuchs, Ph.D.

Biography:

I am a clinical psychologist who is trained to help individuals understand their difficulties and expand their lives in a way that fosters positive change.

I work with people who experience anxiety, depression, loss, trauma, have relationship challenges, or are otherwise at a point in time when they feel unable to move forward. I specialize in life transitions: young adults who are anxious about their future challenges, adults who struggle with changes in their career or relationships, and individuals who are transitioning into a new culture. My approach to treatment integrates psychodynamic approaches with Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), and Motivational Interviewing (MI).

I was trained psychoanalytically in NYC and abroad. I earned a doctoral degree from CUNY, was trained at New York Presbyterian Hospital – Columbia University Medical Center, and completed a Postdoctoral fellowship at the White Institute for psychoanalysis in NYC. I held several staff and leadership positions in clinics and hospitals, and most recently served as the Director of Inpatient Clinical Services for Penn Medicine Princeton Health.

Areas of Specialization: Anxiety, Depression, Relationship Issues, Life Transitions

Training/Certification: PhD Clinical Psychology

Theoretical Orientation: Psychodynamic

Modalities: Individual, Group, Couples Counseling

Language(s) Other than English: Hebrew

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Out of Network

Fee Range for Self-Pay: Sliding Scale? Yes
Megan Furnish, MSW

Pronouns: She/Her

65 S MAIN ST SUITE A202
Pennington, NJ 08534
732-598-7992
http://www.meganfurnishlcsw.com

Race and/or Ethnicity: Caucasian Jewish
Gender Identity: Female Sexual Orientation: Hetero

Biography:

My treatment approach is to provide support and practical feedback to help clients resolve current problems and long-standing patterns in their lives and interpersonal relationships. I incorporate a blend of conventional and alternative approaches and determine which style of therapy will be most helpful for each client. With sensitivity and compassion, I work with clients to help them build on their strengths to identify and achieve life goals.

Among my areas of specialized training are Imago Relationship Therapy, Gottman Relationship Therapy, EFT (Emotionally Focused Therapy), EMDR Level 2, and Sex Therapy (AASECT Certified Sex Therapist). I completed graduate and post graduate clinical training at University counseling centers and have extensive experience working with students.

Areas of Specialization: Trauma, Perinatal Mental Health, Relationship Therapy, Sex Therapy

Training/Certification: Imago Relationship Therapy, AASECT Certified Sex Therapist, EMDR Level 2 Certified, EFT Trained, Gottman Relationship Therapy, Perinatal Mental Health Specialist

Theoretical Orientation: Psychodynamic, Trauma Focused

Modalities: Individual, Couples Counseling

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Out of Network

Fee Range for Self-Pay: $150-$225  Sliding Scale? No
Maggie Furniss, LPC

Pronouns: she/her/hers
16 Vandeventer Ave, 1st fl.
Princeton, NJ 08542
609-608-3238
www.bravenewdaycounseling.com

Race and/or Ethnicity: White
Gender Identity: Female Sexual Orientation: Straight

Biography:

I work in the here-and-now with a creative, solution-based focus. While struggle is universal, people respond differently to different interventions, so I always tailor your treatment to your specific needs, personality, situation, and comfort level. We'll look for an answer that works for you. Daytime & evening hours are available. My goal is to leave you with strategies, communication skills, and ways of thinking that can be transferred from the safety of the consultation room to the world outside - to relationships, parenting, the workplace, and those moments at 3 am.

Areas of Specialization: Depression and anxiety, relationships, LGBTQ, transitions, grief and loss, integration of psychedelic experiences, self-compassion, life coaching

Training/Certification: Licensed Professional Counselor and Board Certified Coach

Theoretical Orientation: Compassion-focused, client-centered, CTB, existential, expressive arts, coaching, solution focused.

Modalities: Individual

Insurance Accepted: Princeton Aetna Student Health Plan (SHP)

Fee Range for Self-Pay: Sliding Scale? No
Susan Furrer, Psy.D.

715 Executive Drive
Princeton, NJ 08540
7327544999
https://drsusannfurrer.com/

**Biography:**

**Modalities:** Individual, Family

**Language(s) Other than English:** none

**Insurance Accepted:** Princeton Aetna Student Health Plan (SHP), Out of Network

**Fee Range for Self-Pay:** Sliding Scale? No
Eboni Gadson, MSW

Pronouns: she/her/hers

245C Nassau Street
Princeton, NJ 08540
(609) 375-8727
www.tlpcounseling.com

Race and/or Ethnicity: African-American
Gender Identity: Female  Sexual Orientation: Heterosexual

Biography:

I believe the therapeutic relationship is one that should be a collaborative one. My work with clients includes providing tools they can use in order to address their therapy goals long after our work together. Because we all have different experiences that contribute to who we are, we need therapists who customize our healing journey to what works best for us. While I’m trained in several treatment approaches, I will apply those that are in service of your growth. I work with a variety of populations, in individual, couple and group modalities, with a special interest in working with adolescents and millennials. My experience connecting with others has allowed me to be able to specialize in sexuality, trauma, and anxiety. I create a compassionate, judgement-free zone where you will have the opportunity to explore whatever brings you to therapy. If this sounds like the therapeutic environment for you, please reach out via phone or email for a consultation.

Areas of Specialization: sexuality, relationship dynamics, anxiety, and trauma

Modalities: Individual, Group, Couples Counseling

Insurance Accepted: Princeton Aetna Student Health Plan (SHP)

Fee Range for Self-Pay: $50-$150  Sliding Scale? Yes
Jonathan Geller, Ph.D.

Pronouns: He/Him/His

247 Nassau Street
Princeton, NJ 08540
(609) 915-4990

Biography:

I am a clinical psychologist with over fifteen years of experience working with University students and people from the Princeton community. I work with clients struggling with depression, anxiety, academic and work challenges, relationship issues, grief, self-esteem issues, and trauma.

While my theoretical orientation is primarily psychodynamic, I tend to use the approach that will be most helpful for each person as I get to know and understand them.

It is my experience that symptom relief, growth, and change happen as the result of increased self-understanding and insight, which can occur in the context of a supportive therapeutic relationship. Self-understanding and insight often occur from clarifying how one’s own thoughts, feelings, motivations, and the demands of our culture may be impacting many aspects of their life. Although the process of increased self-understanding can be rewarding in its own right, it can lead to change in how a person relates to themselves, others, and their work life—It can help people identify what might not be working in their lives, so that specific changes in how one is living or relating can be made.

I aim to work in an active, collaborative way, which I hope leads to people feeling safe, heard, and understood.

Areas of Specialization: Depression, Anxiety, Academic/Work challenges, Relationship Issues, Grief, Self-Esteem issues, Trauma

Training/Certification: Post-doctoral training in college mental health (Columbia University Counseling and Psychological Services)

Theoretical Orientation: Psychodynamic

Modalities: Individual

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Out of Network

Fee Range for Self-Pay: $150 Sliding Scale? Yes
Marvin Geller, Ph.D.

Pronouns: He/Him/His

247 Nassau Street
Princeton, NJ 08540
(609) 924-0257

Biography:

He is a psychoanalytically trained psychologist and a former director of the Princeton University student Psychological Services.

He works with individuals and couples across a broad spectrum of psychological conflicts ranging from current situational difficulties to more long-standing and persistent psychological struggles. In addition, he has a special interest in the dynamics and emotional complexities of graduate student life.

He has extensive experience working with graduate students and the stresses they live with that can often lead to symptoms of anxiety or depression. His psychodynamic approach involves working together with students to create a deeper understanding of the origins of problems such as procrastination, feelings of fraudulence, social anxieties or conflict and tension with authority that can affect relationships with faculty and advisors. In addition, he works toward developing strategies that help cope with and manage concerns, symptoms and conflicts.

While coping techniques and strategies can be quite helpful, he believes that a deeper emotional understanding of the roots of one’s concerns can provide insights that allow a person to cope more effectively with the inevitable stresses that emerge during the graduate student years and after.

He thinks the stresses, both internal and external, that emerge during the graduate experience can lead to the evocation of unresolved earlier issues, in part because of the student’s dependence on faculty, not only for assistance, but for the positive evaluations that may well have an impact on a student’s future career.

While he knows that the graduate student years can both create new problems and exacerbate old unresolved ones, it nevertheless provides significant opportunities for growth and change.

Areas of Specialization: Broad spectrum of psychological conflicts and symptoms

Training/Certification: Psychoanalyst/NJ Licensed Psychologist

Theoretical Orientation: Psychodynamic/Psychoanalytic

Modalities: Individual, Group, Couples Counseling

Insurance Accepted: Princeton Aetna Student Health Plan (SHP)

Fee Range for Self-Pay: Sliding Scale? Yes
Rebecca Giagnacova, Psy.D.

Pronouns: she/her/hers/herself
20 Nassau Street suite 119
Princeton, NJ 08542
609-436-0369

Race and/or Ethnicity: African American
Gender Identity: Cis woman

Biography:
I am a clinical psychologist with an inclusive practice focused on providing high quality person-centered, trauma-informed, culturally competent care.

Areas of Specialization: Treating survivors of trauma, culturally competent in treatment of LGBTQIA community members, adoption, loss, grief, adjustment to life stressors, stress management

Theoretical Orientation: Family Systems
Trauma-centered
Social justice informed

Modalities: Individual, Group, Couples Counseling

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Out of Network

Fee Range for Self-Pay: Sliding Scale? Yes
Rachel Gross, PsyD

Pronouns: She, Her, Hers

100 Walnut Avenue, Suite 210
Clark, NJ 07066
(518) 241-6331
https://www.drrachelgross.com/

Race and/or Ethnicity: White

Gender Identity: Female  Sexual Orientation: Heterosexual

Biography:

It is my belief that therapy works best when it is a collaborative partnership, and my goal is to provide a supportive and caring environment that enables you to manage symptoms of anxiety more effectively. I have extensive expertise in the treatment of anxiety disorders, obsessive-compulsive disorder (OCD), and related concerns. This includes social anxiety disorder, panic disorder, specific phobias, selective mutism, trichotillomania, and excoriation (skin picking) disorder. My approach is active, collaborative, and present-focused. I specialize in Cognitive Behavioral Therapy and Exposure and Response Prevention.

Areas of Specialization: OCD and Anxiety Disorders

Training/Certification: Dr. Gross is certified by the Behavioral Therapy Training Institute, which is part of the International OCD Foundation, as well as the TLC Foundation for bodily focused repetitive behaviors.

Theoretical Orientation: Cognitive Behavioral

Modalities: Individual

Language(s) Other than English:

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Out of Network

Fee Range for Self-Pay: 200-250  Sliding Scale? No
Abigail Hamilton, Psy.D.

Pronouns: she, her, hers

44 Nassau Street, Suite 365
Princeton, NJ 08542
609.218.9499
www.hamiltonpsyd.com

Race and/or Ethnicity: caucasian
Gender Identity: female Sexual Orientation: heterosexual

Biography:

Study after study indicates that what “works” in therapy is the quality of the relationship between the client and therapist. I create strong relationships in which my clients feel safe sharing and exploring their lives. I have been in private practice in Princeton for nearly 15 years and genuinely enjoy what I do. My practice focuses on individual therapy with undergraduate and graduate students. I work with clients who are dealing with anxiety, depression, relationship issues, family of origin dynamics, and disordered eating. I particularly enjoy working with clients who are experiencing a life transition - be it changes in identity, gaining a better understanding of their sexual orientation, applying to graduate school, or going on the job market. When working with these clients, I take a two-pronged approach: we use the therapeutic space to address both short-term practical issues (“what's the best way to address the logistics of this task?”) and the broader, overarching ones (“let's be mindful and intentional about who you want to be when navigating this major life transition.”) I like to ask questions that make people reconsider what seem like life’s “givens,” take the risk to envision what is possible, and grow into their full potential.

Areas of Specialization: Anxiety, Depression, Relationship Concerns, Family of Origin issues, Sexual Orientation, and Life Transitions.

Training/Certification: I am a licensed clinical psychologist providing individual psychotherapy to adolescents and adults. I obtained my masters and doctorate in clinical psychology from Loyola University in Maryland and completed my post doctoral residency at Princeton University’s Center for Counseling and Psychological Services.

I am licensed to practice psychology in New Jersey and Pennsylvania and am a member of several national, state, and local psychological associations including APA Division 44 - Society for the Psychological Study of Lesbian, Gay, Bisexual and Transgender issues as well as APA Division 35 - Society for the Psychology of Women.

Theoretical Orientation: My work is informed by my background and training in both Object Relations/Psychodynamic and Cognitive Behavioral Therapy (CBT). I balance those two approaches based on the individual client’s needs. Some clients are more receptive to a very 'here and now,' nuts
and bolts approach, whereas others make more progress by looking at the larger picture and gaining insight and understanding of the underlying dynamics at play. Separate from the specific orientations, my therapeutic style is highly collaborative. I strive to build a strong therapeutic relationship and create a space where people feel comfortable. My style involves a lot of warmth, genuineness, respect, empathy, and humor.

**Modalities:** Individual

**Language(s) Other than English:** None

**Insurance Accepted:** Princeton Aetna Student Health Plan (SHP)

**Fee Range for Self-Pay:** 180  Sliding Scale? No
Susanne Hand, MSS

14 Aiken Avenue, Princeton, NJ 08540
Princeton, NJ 08540
(609) 924-4985
www.susannehand.com

Biography:
Psychotherapy is a talk-centered relationship that can promote personal growth, change, and healing through an exploration of thoughts, feelings, and behaviors. It can help people lead fuller, more satisfying lives, deal with challenging situations, improve relationships, and strengthen one's sense of self. Through psychotherapy, individuals can learn coping skills to manage moods, understand emotional triggers, and alleviate despair. Psychotherapy can also help people who function well under normal circumstances, but become vulnerable to emotional distress when facing life transitions, loss, or stress. Troubling events like illness, family problems, or romantic disappointments can cause pain and disorientation. Even desired experiences, such as falling in love, studying at Princeton, or getting a good job can feel surprisingly troubling at times. Therapy can provide insight into why people might feel confused or unhinged by life's transitions, and can help people regain emotional equilibrium.

The relationship between therapist and client is a key to successful therapy. I work to nurture that relationship, bringing warmth, humor, and curiosity about my clients' lives. Together we set goals, and I adapt my methods to each individual's needs. With some people, a slower pace and emphasis on safety and trust is a prime concern. Others prefer problem-solving specific issues quickly. Still others are eager for in-depth, insight-oriented therapy that might explore family dynamics, unconscious feelings, or personality change. Whatever the pace and focus, I work to help clients find ways to improve their lives. Although I have listed some areas of specialization below, they are intentionally wide ranging. I believe in a diverse practice. I work with people of varying ages, ethnicities, nationalities, personalities, behaviors, and beliefs. If I don't have familiarity with what makes you tick, I will learn what I need to know to help you make changes you want to enrich your life.

Areas of Specialization: Depression, Anxiety, Life Transitions, Relationship Issues, Personal Trauma, Grief and Loss

Training/Certification: Susanne has an MSS in Clinical Social Work from Bryn Mawr College and did postgraduate training in family therapy at the Ackerman Institute for the Family in New York City.

Theoretical Orientation: Susanne uses an integrative psychotherapeutic approach, incorporating psychodynamic, cognitive/behavioral, and family systems therapy.

Modalities: Individual, Couples Counseling

Insurance Accepted: Princeton Aetna Student Health Plan (SHP)

Fee Range for Self-Pay: $90-175    Sliding Scale? Yes
Ilona Harris, Ph.D.

Pronouns: She/her/hers

190 Nassau St
Princeton, NJ 08542
908307-7136

Race and/or Ethnicity: White

Gender Identity: Female    Sexual Orientation: Heterosexual

Biography:

I believe in fostering a collaborative working relationship aiming to deepen understanding of self as well as interpersonal dynamics in order to improve relationship satisfaction, work and academic success. Helping to define goals as well as areas of difficulty with the aim of empowering clients through both insight and concrete techniques to move forward in their desired direction(s) is a key component in therapy.

Areas of Specialization: Anxiety/depression/relationships/parenting

Theoretical Orientation: Psychodynamic/ Interpersonal

Modalities: Individual

Insurance Accepted: Princeton Aetna Student Health Plan (SHP)

Fee Range for Self-Pay: Negotiable    Sliding Scale? Yes
Patti Hart, MSW, LCSW

217 Nassau St
Princeton, NJ 08542
609-921-2756
plbs32snnj@aol.com

Biography:

I am a Licensed Clinical Social Worker who has been working in the Princeton community since 1983. I am eager to work with anyone who is interested in increasing self understanding in order to improve quality of life. Psychotherapy has the ability to provide insight that can increase choices about how one responds to life challenges. I have had success working with many issues including depression, anxiety, relationships and self esteem issues. I enjoy working with the student population, including on the graduate level, as they navigate their lives in college and beyond. Building a strong relationship is key. I try to provide an environment that is non judgmental where each person feels safe and free to share their inner world with me.

Areas of Specialization:  Anxiety, Depression, relationships, self esteem, parenting

Training/Certification:

Theoretical Orientation:  Psychodynamic

Modalities:  Individual

Language(s) Other than English:

Insurance Accepted:  Princeton Aetna Student Health Plan (SHP)

Fee Range for Self-Pay:  $180-200    Sliding Scale?  Maybe
Biography:

I have expertise in combining my skills in psychopharmacology, with an extensive knowledge in psychology, biology, and social and family relations. This comprehensive treatment mode is rooted in the idea that the better one understands a problem the better one’s solutions will be.

Under my care each individual receives treatment that addresses their individual psychiatric needs. I will take the time to help my patients understand the biological, social, and psychological factors that are causing their problems.

Areas of Specialization: Psychopharmacology

Training/Certification: Harvard University School of Medicine, Fellowship in Child and Adolescent psychiatry

Brown University Medical School, Residency in Adult Psychiatry

Language(s) Other than English: none

Insurance Accepted: Princeton Aetna Student Health Plan (SHP)

Fee Range for Self-Pay: Princeton Aetna Student Health Plan  Sliding Scale?
Amy Herzog Woods, Psy.D.

50 Princeton Hightstown Rd., Suite 205
Princeton Junction, NJ 08550
917-566-7687

Biography:

I am a licensed, clinical psychologist specializing in the prevention, treatment, and recovery of all eating disorders. Additional specialities include anxiety, depression, cutting, loss, illness and relationship issues. I work with adolescents and adults, including both individual and family/marital sessions.

I use an integrative relational style that incorporates both psychodynamic and cognitive behavioral techniques. I see therapy as a collaborative relationship in which clients are active participants in the process of change. I draw on the strengths of my clients, working with them to achieve their goals.

Areas of Specialization: Eating Disorders, Self-harm, Anxiety, Depression

Modalities: Individual, Couples Counseling, Family

Insurance Accepted: Princeton Aetna Student Health Plan (SHP)

Fee Range for Self-Pay: $190-$225  Sliding Scale? Maybe
Donna Hitchcock, Ph.D.

Pronouns: she, her, hers

601 Ewing Street
Princeton, NJ 08540
609-240-2261

Race and/or Ethnicity: white

Gender Identity: female    Sexual Orientation: heterosexual

Biography:
My practice is comprised of adults and adolescents from a range of backgrounds and presenting with issues related to family, work and peer relationships, academic and professional development, trauma, grief, anxiety, depression, internal conflict, postpartum adjustment and life transitions. I work with individuals to increase their understanding of themselves within the context of their unique life experiences. I help individuals achieve a new perspective, personal growth and permanent change. Treatment is short-term or long-term and is both exploratory and solution-based.

Areas of Specialization: anxiety, depression, life transitions/development, pre/postpartum issues

Theoretical Orientation: My theoretical orientation is primarily psychodynamic, while flexibly integrating aspects of cognitive-behavioral therapy. My approach involves identifying, articulating and working through emotions and thoughts, emotional regulation, addressing maladaptive cognitions and behavioral patterns, and incorporating aspects of mindfulness and self-care.

Modalities: Individual, Couples Counseling, Caregiver with baby/child

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), United Health Care, Out of Network

Fee Range for Self-Pay: $200-$185    Sliding Scale? Maybe
Stacy Hoffer, MA, MDiv, MSW, LCSW

Pronouns: She, Her, Hers

477 Walnut Ln
Princeton, NJ 08540
609-865-9902
www.Stacyhoffer.com

Race and/or Ethnicity: Caucasian
Gender Identity: Female Sexual Orientation: Bisexual

Biography:
The cornerstone of my philosophy of care is the relief of human suffering. I work with children, teens, and young adults. Good therapy starts with a strong therapeutic working alliance aka "fit" between therapist and client. I provide a judgment free zone that’s safe and nurturing. My home office, complete with cats and a French Bulldog, is at once cozy and professional. I am an active therapist who may offer healing processes within the session. I also draw upon my clinical experience to suggest specific strategies, tools and techniques that clients can quickly and easily learn, and immediately integrate into their lives between sessions.

I believe that each client is the expert on their own life; they own their truth and authority. I see myself as a metaphorical midwife, helping clients birth their "new" selves. Every client is unique, and as a clinical social worker, I see the person in the environment: their family of origin, their school, their particular culture/3rd culture, religion, and both the history and the current climate in the USA replete with all the "isms" that contribute to suffering in a person’s life.

Having attended Johns Hopkins and completing a BA-MA in Psychology in 4 years, I have an intimate understanding of the dynamics of studying at an elite school. In considering a career in ministry, I completed the MDiv-MSW Program at Princeton Seminary and Rutgers. I am particularly skilled at integrating spirituality and mental health & helping LGBTQIA Christians on their journey.

I am located one mile from Nassau Street, and offer a free 15 minute phone consultation in advance of our first appointment. Call, text or email me now to get started.

Areas of Specialization: LGBTQIA, emphasis on Gender Dysphoria; Anxiety (Performance, Social, Panic, OCD, PTSD) Autism Spectrum; Learning "Different" (ADHD, Dyslexia, Dyscalculia) Integration of Spirituality and Mental Health

Training/Certification: Advanced Training in Thought Field Therapy (the mother/father of "Tapping")

Theoretical Orientation: Holistic: Mind, Brain, Body & Spirit. My work is informed by these "schools" of thought: Developmental Psychology, the work of Carl Rogers; Ecological Theory; Family Systems Theory,

**Modalities:** Individual

**Insurance Accepted:** Princeton Aetna Student Health Plan (SHP)

**Fee Range for Self-Pay:** $175 for 45 minute session  
**Sliding Scale?** No
Allison Hurwitz, LPC, LSW, ATR

Pronouns: She/her/hers
20 Nassau Street, suite 413
Princeton, NJ 08542
(917)859-4153
www.Allisonhurwitzcounseling.com

Race and/or Ethnicity: Caucasian
Gender Identity: Female    Sexual Orientation: Heterosexual

Biography:

Allison is a Licensed Professional Counselor, Licensed Social Worker and Registered Art Therapist with over 24 years of experience working with children, adolescents and adults. Allison has been in private practice in the Greater Princeton area since 2006. She has worked with clients of all ages (starting at age 4), from a variety of backgrounds and who are struggling with a wide array of medical, academic, cognitive, situational, social and emotional challenges.

Allison graduated cum laude from the University of Pennsylvania with a B.A. in Psychology, received an M.S.W. from the Hunter College School of Social Work, and an M.A. in Art Therapy from New York University. While attending the Hunter College School of Social Work, she received the Dean's Award for Academic Achievements as well as multiple Jacob Goldfein Awards for Creative and Scholarly Work.

Prior to entering private practice, Allison worked for over ten years as a counselor and art therapist in New York City in private and public schools as well as general and special education programs. In the aftermath of 9/11, she worked with Project Liberty to provide individual and small group crisis counseling services to elementary school children and their parents. She has also provided psychotherapy and art therapy services to clients in outpatient mental health clinics, substance abuse treatment programs, nursing homes, and partial hospitalization programs for adults with chronic mental illnesses.

Areas of Specialization: Anxiety, living with chronic illness, High functioning ADHD
Training/Certification: Masters in Art Therapy, MSW
Theoretical Orientation: Strengths based, psychodynamic, humanistic
Modalities: Individual, Family
Insurance Accepted: Princeton Aetna Student Health Plan (SHP)
Fee Range for Self-Pay: $200    Sliding Scale? Yes
Anna Kress, Psy.D.

**Pronouns:** she/her/hers

10 Nassau Street, Suite 33
Princeton, NJ 08542
(732) 715-4848
www.drannakress.com

**Race and/or Ethnicity:** Caucasian

**Gender Identity:** Female

**Biography:**

A strong and positive therapeutic relationship is the foundation of my work. My approach is engaging and collaborative. I also believe in a balanced approach to growth; there are times in therapy when an insight-oriented focus makes sense and there are times when a focus on coping skills is needed.

I have over 15 years of experience working with young adults. I have been an Intern at The College of New Jersey, Staff Psychologist at Rutgers University, and Postdoctoral Fellow at Princeton University. I provide therapy to people who struggle with mood disorders, identity issues, relationship issues, spiritual concerns, and academic and career difficulties.

In addition to providing psychotherapy, I also present workshops and seminars on emotional wellness, healthy boundaries, and the emotional needs of the gifted.

**Areas of Specialization:** Depression, Anxiety, Relationship Issues, Complex Trauma, Academic Difficulties

**Training/Certification:** Doctorate in Psychology, Post-Doctoral Fellow Princeton University '06

**Theoretical Orientation:** Trauma-informed; Psychodynamic; Mindfulness-Based; Internal Family Systems

**Modalities:** Individual

**Language(s) Other than English:**

**Insurance Accepted:** Princeton Aetna Student Health Plan (SHP)

**Fee Range for Self-Pay:** 180-225 Sliding Scale?
Kani Ilangovan, M.D.

Pronouns: she/her/hers they/them/theirs

145 Witherspoon St
Princeton, NJ 08550
609-529-2573
http://psychnj.genbook.com

Race and/or Ethnicity: Asian

Gender Identity: genderfluid

Biography:

I am a child, adolescent and adult psychiatrist. I do both medication management and psychotherapy. My modalities are cognitive behavioral, interpersonal, mindfulness based, and narrative medicine. I try to help my patients develop self-compassion, self-acceptance and resilience.

Areas of Specialization: Depression, anxiety, ADHD, bipolar, schizophrenia, schizoaffective disorders

Training/Certification: B.A. Amherst College, M.D. University of Illinois at Chicago, General Psychiatry Residency UMDNJ- Robert Wood Johnson Medical School, and Child and Adolescent Psychiatry Fellowship, Thomas Jefferson University

Online training through the National LGBT Health Education Center

Theoretical Orientation: Cognitive behavioral, interpersonal, mindfulness, and narrative medicine

Modalities: Individual

Insurance Accepted: Out of Network, I am out of network with all insurance plans. If you are over 26 or an international student I will do the billing for the Aetna SHP for you and you would just be responsible for the 200 deductible and 30% copay ($45 for 30 min, $60 for 45 min)

Fee Range for Self-Pay: 200 for the initial evaluation and 150 for follow ups  Sliding Scale? No
Yuko Inzana, LCSW

Pronouns: She/her/hers

16 Vandeventer Ave #1
Princeton, NJ 08542
609-917-4011
www.yukoinzana.com

Race and/or Ethnicity: Asian
Gender Identity: Female
Sexual Orientation: Straight

Biography:
I welcome any gender, sexual orientation, race/ethnicity, age and cultural background. My role is to assist individuals to discover their unique strengths and resources to achieve their goals.

Areas of Specialization: Gender identity issues, anxiety
Training/Certification: Bowen Family Systems Theory Level I and II at Rutgers University
Theoretical Orientation: CBT, Family System Theory
Modalities: Individual, Family
Language(s) Other than English: JAPANESE
Insurance Accepted: Cigna, I am planning on being on SHP in near future
Fee Range for Self-Pay: $140-165
Sliding Scale? Yes
Susan Kassler-Taub, MSW LCSW

20 Nassau Street Suite 100
Princeton, NJ 08542

800 Bunn Drive Suite 205
Princeton, NJ 08540

609-921-1994
http://www.susankasslertaub.com

Biography:

While the decision to initially reach out to a psychotherapist can feel daunting, professional psychotherapy can alleviate the symptoms you are experiencing. Effective psychotherapy can enable you to move towards a life lived more fully, with reduced stress and challenges.

With more than 25 years in private psychotherapy practice, I have extensive experience working with patients of all ages: children, adolescents, university-age students, and adults. I am committed to a distinctive level of patient care, working with each patient in a style that combines insight and solution focus, in a supportive and professional environment. In our collaborative work, my patients and I seek to identify the current sources of distress leading the patient to seek psychotherapy, and to understand the psychological and life events that have contributed to those stressors. We then move forward to identify areas of change – both internal psychological factors and the ways in which the patient understands and moves through daily life. Psychotherapy is, therefore, a combination of psychological insight and practical solution-based skill learning.

Areas of Specialization: Typical areas of concern that I address with students in my practice include:

Feelings of worry, anxiety, sadness, depression, difficulty with focus, difficulty working to deadline, time organization, sleep issues, sexuality issues, relationship concerns,

Training/Certification: Licensed Clinical Social Worker - MSW LCSW

Theoretical Orientation: Primarily psychodynamic combined with practical solution-based skill learning

Modalities: Individual, Couples Counseling, Family, Caregiver with baby/child

Insurance Accepted: Princeton Aetna Student Health Plan (SHP)
Laura Kogan, Psy.D.

Pronouns: she/her/hers

22 Stockton Street
Princeton, NJ 8540
609-688-1244
http://www.drlaurakogan.com/

Race and/or Ethnicity: Caucasian
Gender Identity: Female Sexual Orientation: Heterosexual

Biography:
I strive to be collaborative and open, thoughtfully considering each person's emotional resources, goals and aspirations, obstacles, and the approaches that might be most helpful and effective. For more information about me and my practice, please check out my website.

Areas of Specialization: Anxiety, Depression, PTSD, Transitions/adjustment, behavior change

Training/Certification: Certified in EMDR, certified in Clinical Hypnosis, certified in Therapeutic Journaling, and currently pursuing a certification in Internal Family Systems Therapy

Theoretical Orientation: I draw from various approaches, depending on the person and their goals.

Modalities: Individual

Language(s) Other than English: French

Insurance Accepted: Princeton Aetna Student Health Plan (SHP)

Fee Range for Self-Pay: $190 Sliding Scale? No
Cynthia Elizabeth Leach, MSW, LCSW, LMFT

Pronouns:

601 Ewing Street, Suite C-14
Princeton, NJ 08540
609.610.5011
www.awareness-practice.com

Biography:

Cynthia Elizabeth Leach, MSW, LCSW, LMFT is a NJ Licensed Clinical Social Worker (Lic #44SC0527500) and a NJ Licensed Marriage and Family Therapist (Lic#37Fl00169200) participating in-network with several insurance panels, out of network on some others, and also in-network as an EAP provider on many panels.

"My customized, compassionate approach is integrative-identifying selectively from a wide array of therapies from the evidence base those most targeted to address your unique concerns and goals. As a team, you and I choose from options that best fit your situation and then work creatively together toward identified solutions.

I work with patients across the life cycle including children, tweens, adolescents, young adults, adults and elders through individual, family, couple, and group sessions. I have several groups for young adults including a 'quarter life crisis' group for young adults, an artistic recovery group for young adults, a role playing group for young adults, and a children with anxiety group.

Areas include: Anxiety, Panic, Phobias, OCD, Depression, Grief/Loss, Physical Health Issues causing Anxiety and Depression, Burnout and Compassion Fatigue, Workplace Concerns/Executive Stress, Stress Reduction, Trauma Recovery, Women’s Issues, Gender/Sexuality, Cultural Issues, Spiritual or Existential Counseling within your own belief system, Eating Disorders, ADD/ADHD, and others.

I offer regular evening and occasional weekend hours at The Awareness Practice LLC’s two convenient locations:

390 Amwell Road, Bldg 3, Suite 312, Hillsborough, NJ 08844 (handicap accessible); and,

601 Ewing Street, Suite C-14, Princeton, NJ 08540.

At your initial visit, I’ll welcome you, we’ll become acquainted, and we’ll cover what to generally expect in working with me. Then, we’ll participate in a comprehensive evaluation, and I’ll begin customizing a plan just for you.

Please call (609) 610-5011 to schedule an introductory appointment. Thank you.

Areas of Specialization: Marriage and Family Therapy, Clinical Social Work, Coaching and Employee Assistance Professional work
Training/Certification: With a master’s degree in Clinical Social Work from New York University (1995) and a bachelor’s degree from Brown University, I have taught graduate and post-graduate students in the field at NYU as an adjunct and guest lecturer. A Clinical Fellow in American Association of Marriage and Family Therapists, I received post-masters training and direct supervision from David Olsen, a nationally renowned family therapist who wrote The Couples Survival Workbook and When Helping Starts to Hurt.

Theoretical Orientation: An integrative, customized approach: psychodynamic, object relations, narrative, cognitive behavioral, solution-focused, integrative family systems, and others - geared to your specific needs as a unique individual or family system

Modalities: Individual, Group, Couples Counseling, Family, Caregiver with baby/child, Coaching

Language(s) Other than English:

Insurance Accepted: Aetna, Cigna, Blue Cross/Blue Shield (Horizon), Blue Cross/Blue Shield (Other), United Health Care, Carebridge and a Variety of Other EAPs

Fee Range for Self-Pay: $60 - $200 depending upon services  Sliding Scale? Yes
Molly Lependorf, Psy.D.

190 Nassau Street
Princeton, NJ 08540
609-658-0368

Biography:

I work with young adults and adults to help them heal their struggles by understanding everything about themselves - their childhood, their relationships, their current life-circumstances, etc, so that their emotions, thoughts, reactions, behaviors, and choices all start to make sense and become more meaningful and manageable. I believe establishing a safe, open, and trustworthy environment for the people I see is the most important first step in helping patients understand themselves best in order to feel better.

Areas of Specialization: Depression, anxiety, relationship issues.

Training/Certification: Doctorate in Psychology

Theoretical Orientation: Psychodynamic

Modalities: Individual, Group, Couples Counseling

Insurance Accepted: Princeton Aetna Student Health Plan (SHP)

Fee Range for Self-Pay: $150-$190  Sliding Scale? Yes
Michael Libertazzo, Ed.D., ABPP

Pronouns: Him
112 Rollingmead St
Princeton, NJ 08540
609-921-6264

Race and/or Ethnicity: Italian American
Gender Identity: Male  Sexual Orientation: Heterosexual

Biography:
Certainly a genuine therapeutic relationship is paramount as well a depth understanding of the predicament of human consciousness. I am academically trained as a psychoanalyst/psychologist with a triple undergraduate major in psychology, sociology and comparative religion/philosophy. My current understanding wanders outside the walls of psychology. My mind is influenced by entanglement, and quantum physics, cellular and molecular biology, theories of consciousness, neurobiological, exercise and nutritional sciences, eastern theories of mind and meditation to name a few. I work with patients to better understand them selves and the choices they are making. I have known by deepening widening and perhaps heightening awareness other vision becomes available. While not being distracted from focusing on presenting problems of anxiety, depression, relationships, sexual and existential identity issues I incorporate some of the complexity of existence itself and how it effects our minds and cultures. It's not all what you think of the top of your narrative...

Areas of Specialization: Humanity, The Self and Non-self relationship, (Narcissism and Spirituality)
Training/Certification: Psychologist, Psychoanalyst  Fellow American Board and Academy Of Psychoanalysis, Diplomate in Psychoanalysis
Theoretical Orientation: Psychoanalytic, Existential, Neuroscience, Sound Healing Meditation
Modalities: Individual, Couples Counseling, Family
Language(s) Other than English: English
Insurance Accepted: Out of Network
Fee Range for Self-Pay: $220-$300  Sliding Scale? No
Les Linet, M.D.

194 N. Harrison St.
Princeton, NJ 08540
609-430-9099
http://www.LesLinetMD.com

Gender Identity: M

Biography:
‘A story-telling biologist of the mind’

Dr. Linet has extensive training and considerable experience both in psychotherapy and in psychopharmacology. He spent the first 11 years in practice doing psychotherapy, only rarely then prescribing medication. However, with the revolution in biological psychiatry, Dr. Linet has acquired extensive expertise in psychopharmacology. Psychopharmacology is now the greater part of his practice, though he still enjoys doing psychotherapy when appropriate. With more than 40 years of experience, Dr. Linet has earned a reputation for excellence. He is comfortable using psychopharmacology and/or psychotherapy. Because he does not think it makes intuitive sense to most patients to explain psychiatric disorders as a dysfunction of neurotransmitters or neurons, he likes to use stories for their explanatory value. He would describe himself as ‘a story-telling biologist of the mind.’

"I enjoy doing psychotherapy - with or without medication. I don't try to change people. I simple try to free them to become who they really are."

Areas of Specialization: A large portion of Dr. Linet’s patients have mood and anxiety disorders. As a trained child psychiatrist he also has extensive expertise in diagnosing and treating ADHD in children and in adults. Dr. Linet is board certified in adult, adolescent & child

Training/Certification: Graduate of Albert Einstein Coll of Medicine, completed a residency in psychiatry and a fellowship in child & adolescent psychiatry at SUNY Downstate. He is Board Certified both in Psychiatry and in Child & Adolescent Psychiatry and is licensed to practice medicine in NJ.

Theoretical Orientation: The human brain is a 3-pound organ that uses 20-25 percent of the energy of the entire body. It is quite miraculously 3 pounds of thinking meat. While we know a lot about the brain, how 3 pounds of meat thinks is... quite a mystery. We know that genes that govern the functioning of the brain can be turned on and turned off by situational factors. Thus, while genes and brain biology guide thoughts, feelings and behavior, life circumstances can change the brain. Life circumstances can alter synaptic connections and can turn genes on and off. So, we have a biological and a psychological brain. We are neither all biology nor all psychology.

When appropriate Dr. Linet believes in and enjoys doing talk therapy and/or psychopharmacology.

Modalities: Individual, Couples Counseling, Family, Caregiver with baby/child

Fee Range for Self-Pay: $200 - $400/treatment visit  Sliding Scale? Yes
Andrew Martin, Psy.D.

Pronouns: he, him, his

9 Charlton St
Princeton, NJ 08540
703-332-1525
https://www.andrewmartinpsyd.com

Race and/or Ethnicity: caucasian
Gender Identity: male    Sexual Orientation: heterosexual

Biography:

My work with clients is collaborative in nature and seeks to emphasize your wellbeing and success both as a student and an individual. I employ effective therapeutic approaches to help you achieve your goals, develop insight, and find relief from the challenges that you're facing.

Areas of Specialization: Sex addiction, pornography problems, relationship issues, identity questions, LGBTQ issues, depression, anxiety, panic, spiritually informed treatment.

Training/Certification: Doctoral level training, 20+ years of practice, licensed as a psychologist in MD, VA, OH, & NJ

Theoretical Orientation: Psychodynamic, CBT, Existential, Humanistic

Modalities: Individual, Couples Counseling

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Tri Care

Fee Range for Self-Pay: $80-175    Sliding Scale? Maybe
Brian McDonald, Psy.D.

Pronouns: he, him
601 Ewing Street
Princeton, NJ 08540
609-497-6440 ext. 2

Race and/or Ethnicity: White
Gender Identity: Male  Sexual Orientation: Heterosexual

Biography:
I have been in private practice for 20 years. Prior to starting my practice I worked at Carrier Clinic for 7 years. I work with adults, couples families, adolescents and young adults.

My primary is focus in therapy is based on first healing the clients relationship with them self; to work through emotions and thought patterns that cause suffering. This will better enable them to meet other challenges they are facing.

Areas of Specialization: I specialize in trauma, depression, anxiety.
Training/Certification: EMDR
Theoretical Orientation: Cognitive Behavioral, psychodynamic, mindfulness, EMDR
Modalities: Individual, Group, Couples Counseling, Family
Insurance Accepted: Aetna, Out of Network
Fee Range for Self-Pay: $175  Sliding Scale? Yes
Linda McDonald, MSW

43 Spring Street
Princeton, NJ 08542
609 731 6601

Race and/or Ethnicity: White/Anglo Irish
Gender Identity: Female  Sexual Orientation: Heterosexual

Pronouns: She/Her/Hers

Biography:
Courage. That’s what I hear when I am contacted for consultation. Together, we will collaborate in a supportive environment to face challenges like undo pressure to be perfect, the inner critic, #MeToo, anxiety, bullying, first gen. issues, invalidating family, impostor syndrome, social anxiety, relationships, racism or trauma. We will understand and transform barriers that block you from what you want in life. We will mindfully focus on the present and briefly visit the past when it is influencing the present. I will teach you skills to be easy with your emotions and turn them into allies while gaining insight and compassion for why you feel overwhelm, sadness, guilt, rage and act in ways that increase negative emotions and actions. We balance our sessions by addressing what's working and increasing awareness of positive emotions. I encourage feedback about what's been helpful and not helpful.

For 20 years, I have helped PU graduate and undergraduate students using approaches that are the most effective for each person. I use a blend of Mindfulness, psycho-dynamic, CBT/DBT, neurobiological, attachment, EMDR, and compassion therapies to identify and strengthen inner resources and resilience. I have training in addictions, Systems theory, neurobiological and Sensorimotor Psychotherapy, Developmental Couple's therapy and EMDR. I have experience working with people from a variety of ethnicities, religious/spiritual backgrounds, gender identities and sexual orientations. I also have many years of experience in supervising therapists. I continue to attend trainings and incorporate the latest evidence based practices. Personally, I have been practicing meditation, mindfulness and yoga along with a variety of other self care and personal growth practices for most of my life. I understand that choosing a therapist can be a difficult decision. If you have any questions please call, text or email me. I am listed on Psychology Today.

Areas of Specialization: Trauma, Anxiety, Relationships, Loss

Training/Certification: LCSW, EMDR

Theoretical Orientation: Mindfulness, Neurobiological, Relational, CBT/DBT skills, Psychodynamic

Modalities: Individual, Couples Counseling

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Out of Network

Fee Range for Self-Pay: 165  Sliding Scale? Maybe
Kelly McElvaine, LPC

Pronouns: She/Her
20 Nassau St.
Princeton, NJ 08542
732-713-2672

Race and/or Ethnicity: White
Gender Identity: Sexual Orientation: Heterosexual

Biography:

Areas of Specialization: Relationship Therapy

Training/Certification: National Certified Counselor, Certified Imago Relationship Therapist, Sand Tray Therapy, Dialectical Behavior Therapy

Theoretical Orientation:

Modalities: Individual, Group, Couples Counseling

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Blue Cross/Blue Shield (Horizon), Out of Network

Fee Range for Self-Pay: 150-200 Sliding Scale? Yes
Joseph McGeady, LCSW

Pronouns:
16 Vandeventer Ave.
Princeton, NJ 08542
609-917-7100

Biography:
The present moment can be difficult to say the least. It doesn't have to be that way! Together we can explore your inner and outer experiences, creating a space for hope, acceptance and change. I am a psychotherapist, providing individuals counseling for a range of emotional and behavioral issues including anxiety, depression, poor self-image, relationship conflicts, and those facing life transitions. Sometimes, it is simply a feeling something needs to change. Therapy can be one of the most rewarding experiences of your life. I look forward to speaking with you.

Creating a safe and trusting relationship will provide space for discovery and healing. Together we can make sense of what you are facing and harness your inner strengths. Whether it is the struggles of college students and young adults, or those navigating middle age and beyond, a vibrant life with an internal sense of self compassion is possible.

Areas of Specialization: Academic Performance, Anxiety, Depression, Self Esteem/Image Issues, Highly Sensitive Individuals, Relationship Issues, Stress, Motivation, Substance Use, Mood Disorders, Bipolar Disorder, Personality Disorders, Sexuality, OCD, Psychosis, Time Management

Training/Certification:
Theoretical Orientation: Past clients have described my style as "accepting..genuine..down to earth." My approach is flexible with an integrative/humanistic orientation. My training is a tapestry of models; Rogerian, Mindfulness, Acceptance & Commitment Therapy (ACT), CBT, DBT, Psychodynamic, Schema Therapy, Problem Solving Models, Relationship Focused Interventions, Compassion Focused, Self Image Skills, Motivation/Time Management Skills

Modalities: Individual, Group, Couples Counseling, Family

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Blue Cross/Blue Shield (Horizon), Blue Cross/Blue Shield (Other), Out of Network

Fee Range for Self-Pay: Up to $95.00  Sliding Scale? Yes
Anita McLean, Psy.D.

Pronouns: she, her
44 Nassau Street, Suite 350
Princeton, NJ 08542
732-319-9104
http://www.dranitamclean.com/

Race and/or Ethnicity: South Asian
Gender Identity: Female    Sexual Orientation: Heterosexual

Biography:
People use therapy in different ways and hence, my work is designed to meet the specific needs of the particular individual or couple seeking help. I use insight oriented, strength based, and supportive therapies and work collaboratively with those seeking help to develop an individualized road map for our therapeutic work together. I work with individuals and couples. Having lived in many cultures, I am interested the impact of culture on our lives and I provide cultural competency trainings to clinicians and agencies statewide. I also offer skill enhancing psychoeducational workshops for couples in the community.

Areas of Specialization: Identity issues, Depression, Anxiety, Personality problems, emotional disturbances, relational problems

Training/Certification: I have a doctoral degree in Economics and Clinical Psychology and advanced intensive training in Emotion Focused Couple Therapy, Dialectal Behavior Therapy, and AEDP (Accelerated experiential-dynamic psychotherapy which is a form of psychotherapy that focuses on healing-oriented techniques and aims to achieve a transformation). I have also have experience in mindfulness based practices.

Theoretical Orientation: Insight oriented Psychodynamic/Psychoanalytic, Attachment based and emotion focused theoretical principals guide my work and I believe in finding transformative experience and growth oriented practices as well solution oriented and mindfulness techniques produce change.

Modalities: Individual, Couples Counseling

Language(s) Other than English: Hindi

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Out of Network

Fee Range for Self-Pay: $180-235    Sliding Scale? Maybe
Judith Margolin, PsyD

601 Ewing St. C20A
Princeton, NJ 08540
609-658-2536
www.drjudithmargolin.com

Biography:

I have been in practice for over 25 years and throughout that time I have come to believe that healing, growth and change are best achieved by increasing knowledge and skills within the connection of a healthy relationship. A healthy relationship is one that promotes empathy, exploration and empowerment, through an atmosphere of mutual respect, collaboration, acceptance and safety. This crucible facilitates a stance of openness and flexibility that is necessary for change and growth.

Areas of Specialization: Complex Trauma, Borderline Personality Disorder, Dissociative Identity Disorder

Training/Certification: Certified Advanced Schema Therapist and Supervisor of Schema Therapy

Foundationally Trained DBT

Hypnosis

Trauma Informed Care

Theoretical Orientation: Schema Therapy

Modalities: Individual, Group, Couples Counseling

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Blue Cross/Blue Shield (Horizon), Out of Network

Fee Range for Self-Pay: $200.00 Sliding Scale? Novillage
Emily Mattek, MSW

Pronouns: She, her, hers

65 South Main Street Suite B106
Pennington, NJ 08534
609-468-6676

Race and/or Ethnicity: White
Gender Identity: Female/Femme  Sexual Orientation: Bisexual

Biography:

I believe in meeting clients where they are at. Every person is resilient. I intend our collaboration to remind you of your strengths, provide you tools to weather the storms of life, and a safe space to gain insight into your truest self. I come to social work from a social justice background and recognize that trauma and oppression are often intertwined. Acknowledging systemic issues is a vital part of my practice, particularly for youth and families directly impacted by it. Teaching you to advocate successfully on your own behalf, whether it be in your relationships or larger systems, is also essential.

Areas of Specialization: LGBTQ+, Folks who are neuroatypical, folks dealing with concurrent chronic medical conditions

Training/Certification: TF-CBT

Theoretical Orientation: Social Justice Orientation, Trauma-focused, CBT

Modalities: Individual, Family, Caregiver with baby/child

Language(s) Other than English:

Insurance Accepted: Out of Network

Fee Range for Self-Pay: 150  Sliding Scale? Yes
Robert Miller II, Ph.D.

Pronouns: he, his

20 Nassau Street Suite 119
Princeton, NJ 08542
917-796-7619


Biography:

I am a licensed clinical psychologist with eighteen years of experience working with children/adolescents, adults, families, and college students in Manhattan, Montclair New Jersey, and now Princeton. I work in an emotionally focused, culturally sensitive and expressively rich, collaborative way with clients. I have specialized training in the creative arts therapies (art, drama, poetry/writing) and training/experience addressing traumatic exposure including childhood sexual abuse, physical abuse, emotional neglect, domestic violence, bullying, assault, or other types of trauma. In addition to addressing clinical issues, I can provide strategies for promoting healthy resilience to stress, and psychotherapy for focus on life stage/personal growth, relationship issues, and development.

Areas of Specialization: life stage issues, and trauma

Training/Certification: Special certifications in forensic psychology, post graduate training in psychotherapy, creative arts therapies, and trauma treatment

Theoretical Orientation: eclectic/integrated

Modalities: Individual, Couples Counseling, Family, Caregiver with baby/child

Language(s) Other than English:

Insurance Accepted: Princeton Aetna Student Health Plan (SHP)

Fee Range for Self-Pay: 180-210 Sliding Scale? Yes
Jane Milrod, BA

Pronouns: she/her/hers

22 Riverside Drive
Princeton, NJ 08540
609-731-7556
http://www.adhdcoachjane.com/
Email: adhdcoachjane@gmail.com

Race and/or Ethnicity: Caucasian
Gender Identity: Female

Biography:
If you have ADHD and you are reading this, you might be feeling hopeless or bruised by your failures. You might be wondering, how can coaching help me? Simply put, Coaching is to people as scaffolding is to a building. Construction takes time and support, and changing behavior is a very hard difficult task for non ADHD folks.

The executive function deficits that are at the core of ADHD impair planning, prioritizing, goal setting, task shifting, and emotion regulation to name a few. How can a person with these deficits expect to change behavior alone?

You need a team, a parallel person who can teach you how to get the most out of your unique brain wiring. As an ADHD qualified coach, I provide encouragement, recommendations, feedback, and practical techniques (e.g. reminders, questions, calendar monitoring, continued goals definition, etc.). Strategies are used to address issues ranging from behavior management, family relationships, time management, homework management, and becoming more effective in one’s work, academic, and personal life.

Coaching is a supportive, practical, concrete process in which the coach and client work together to identify and pursue the client’s goals. The primary purpose of ADHD coaching is to help the individual with ADHD develop the structure necessary to function effectively, and to teach practical approaches to the challenges of daily life.

Areas of Specialization: ADHD, Procrastination, Learning How to Learn, Habit Formation, Willpower Enhancement. Undergraduates, Graduate Students, Post Docs

Training/Certification: Professional Advanced Coaching Certification from the ADHD Coach Training Academy. BA, Rutgers U High Honors, Phi Beta Kappa

Theoretical Orientation: Supportive, Cooperative, Stages of Change Orientation

Modalities: Individual, Group, Family

Fee Range for Self-Pay: $125 per hour  Sliding Scale? Yes
Mindful and Multicultural Counseling

1330 Parkway Ave, Suite 7
Ewing, NJ 08628
609-403-6359
mmcounselingcenter.com

**Biography:**

Group practice of female identifying clinicians grounded in mindfulness and multiculturalism with a trauma informed lens. Clinicians specialties range from trauma, addiction, eating disorders, depression, anxiety, grief and loss, self harm behaviors, borderline personality disorder and postpartum issues. Supporting you through life transitions

**Areas of Specialization:** Trauma, Addiction, Depression, Anxiety, Self Harm, Grief and Loss, Postpartum

**Training/Certification:** DBT, EMDR, Prolonged Exposure, EFT (tapping)

**Theoretical Orientation:**

**Modalities:** Individual, Couples Counseling, Family

**Language(s) Other than English:**

**Insurance Accepted:** Aetna, Blue Cross/Blue Shield (Horizon), Out of Network

**Fee Range for Self-Pay:** 90 to 175  Sliding Scale? Yes
Megan Mormile, LPC

Pronouns: she, her, hers

601 Ewing Street Suite B5
Princeton, NJ 08540
(908) 252-0404

Race and/or Ethnicity: Caucasian
Gender Identity: Female

Biography:
My practice provides a therapeutic environment that is both accepting and compassionate. I offer a judgement-free atmosphere where individuals feel validated and supported. I have extensive experience working with young adults who are struggling with the stress of college life. I enjoy working with individuals to establish and achieve their goals through the therapeutic experience. It is important you find a therapist that you feel comfortable with and trust in order to participate in the counseling process and to make it valuable to you.

Areas of Specialization: Anxiety, Depression, Stress, ADHD
Training/Certification: Licensed Professional Counselor
Theoretical Orientation: Eclectic, Mindfulness-Based, Person-Centered, Cognitive Behavioral (CBT)
Modalities: Individual, Couples Counseling, Family
Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Out of Network
Fee Range for Self-Pay: Sliding Scale? Maybe
Race and/or Ethnicity: White

Gender Identity: Female

Biography:

Our dedicated staff specializes in comprehensive psychological and neuropsychological services and believes in a treatment approach which is direct, problem-oriented, and solution-focused whether the concerns are emotional, academic, or physical in nature. Living life fully and successfully is a great challenge. We are taught to read, write and do math in school, but where do we learn the skills to live effectively and happily? Our Centers offer not only psychotherapy services to address anxiety, depression, trauma, and relationship issues, but comprehensive evaluation for learning disorders, ADHD, memory problems, concussion, and academic/testing accommodations.

Areas of Specialization: ADHD, LD, Dep./Anx, PTSD, Concussion

Training/Certification: (ABN)Board Cert. Neuropsychology; (ABPP)Board Cert. Rehab Psychology; Lic. Psychologist (NJ,PA); School Cert. Psychologist (NJ,PA,DE); Fellow, Sports Neuropsychology Society; National Register of Health Service Psychologists; APA Certificate of Proficiency in Treatment of Alcohol & other psychoactive Substances

Theoretical Orientation: CBT; Eclectic; Neuropsychology

Modalities: Individual, Family

Language(s) Other than English: Italian

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Tri Care, Personal Injury, Workers' Comp, Medicare (Traditional)

Fee Range for Self-Pay: Varies for psychotherapy vs. testing, please call office for fees. Sliding Scale? No
Sudha Nagarajan, Ph.D.

Pronouns: she/her
145 Witherspoon St., Ste. A-7
Princeton, NJ 08540
609-433-6774

Race and/or Ethnicity: South Asian (Indian)

Gender Identity: Female (Cisgender) Sexual Orientation: Heterosexual

Biography:

My theoretical orientation is primarily described as person-centered, drawing from a humanistic-existential approach. It is a process through which individuals are encouraged to explore their true selves in an environment nurtured by empathy and unconditional positive regard in order to realize their goals. I believe that individuals have the innate ability to initiate change for growth through exercising their choices and taking responsibility for them. I am equally sensitive to inherent diversity within and between people and the intersectionality of social identities that make each of us unique. I am mindful of individual and cultural strengths and limitations that play a significant role in psychosocial-emotional wellbeing. I approach my clients with an awareness of their individuality, cultural context, as well as human universality. This allows me to sensitively tailor my treatment to the particular needs of a person. Drawing from different theoretical models and depending on client needs, I suggest coping skills from evidence-based therapeutic practices while being sensitive to the client’s cultural socialization and worldview. These modalities include reflection, empathic acceptance, mindfulness, focusing, cognitive-behavioral restructuring skills, and DBT informed skills development for emotion regulation, interpersonal effectiveness, and distress tolerance.

In my practice, I work with adults challenged by internal stressors related to mood and cognitive disturbances such as anxiety, depression, anger, grief, automatic thoughts, fixed beliefs, delusions, and self-exploration. I also work with clients who struggle to cope with external stressors coming from life transitions (school, relationships, marriage, parenthood, intergenerational conflicts, employment, work stress/work-life balance, medical conditions, eldercare). My practice is open to clients exploring their identity, be it personal, cultural, spiritual, gender, or intersectional. I consider myself a strong ally for clients aligned with LGBTQ identities. I specialize in working with persons from international backgrounds and can speak fluent English and several Indian languages, as well as conversational German.

Areas of Specialization: Diverse populations, intersectional social identities, individuals with international backgrounds, cultural and intergenerational conflicts

Training/Certification: Licensed Professional Counselor, Approved Clinical Supervisor, NBCC Board Certified Counselor, Certified Diversity Professional

Theoretical Orientation: Humanistic-Existential
Modalities: Individual, Group, EAP affiliate

Language(s) Other than English: Hindi, Tamil, several other Indian languages and conversational German

Insurance Accepted: Princeton Aetna Student Health Plan (SHP)

Fee Range for Self-Pay: $80-150  Sliding Scale? Yes
Karen Nathan, Ed.M

Pronouns: She/her/hers
103 Jefferson Road
Princeton, NJ 08540
609-577-7096
http://princetonhealthcoach.com

Gender Identity: Female

Biography:

Losing weight or quitting smoking means fighting a lifetime of habits. This can be very hard to do, especially on your own. Perhaps you’ve already tried getting results by yourself, but you’ve realized that you need a little extra assistance. I can help you reach your goals. Together, we will break the process down into achievable steps. I will support and guide you throughout your journey, using proven strategies and tools customized to your needs. These will help you develop and strengthen daily habits that will make your new healthy behaviors sustainable.

Is this the right time to address your weight or tobacco habit?

Ask yourself these questions:

- How important is it for me right now to achieve my goals to stop smoking, lose weight, feel better, or follow my doctor’s lifestyle advice?
- What is it costing me right now when I don’t take care of myself, and ignore serious health issues?
- Am I more likely to get results with personalized attention and individual support from a trained professional?

If you feel that now is a good time to invest in yourself, please contact me for a free initial phone consultation. I’ll listen to your concerns and goals, then we can discuss whether health coaching is right for you. Remember: weight loss, quitting smoking, and other health behavior changes are more manageable with the help of an experienced coach.

Areas of Specialization: Weight management, blood sugar control, smoking cessation

Training/Certification: National Board Certified Health & Wellness Coach

Theoretical Orientation: Cognitive behavioral, positive psychology, appreciative inquiry, adult learning theory, capacity building, acceptance theory

Modalities: Individual

Insurance Accepted: Out of Network

Fee Range for Self-Pay: $120 Sliding Scale? Maybe
Nina Nechay, LPC

Pronouns: she/her/hers

20 Nassau Street, Suite 111
Princeton, NJ 08540
917-749-5156

Race and/or Ethnicity: Russian American
Gender Identity: Female
Sexual Orientation: Heterosexual

Biography:

Through my work with Penn Medicine, I gathered extensive experience that encompasses a wide spectrum of challenges such as PTSD, Bipolar, Depression and Anxiety. My specialty is trauma-informed therapy. Having trauma doesn’t require going through war experience. One’s childhood home or relationship can feel as dangerous as any combat zone. Getting into a car accident, suffering loss, witnessing something painful, not being where one believed they would be in life, all could feel like significant trauma. I am passionate about you getting back to yourself and attaining the life you have always wanted. I want to guide you there, and see you succeed as many other of my clients did. At times life gets so unbearable that it's hard to imagine making it through the day feeling the way we feel. We could experience loss of control and suffer from complete depletion despite trying to tap into every resource we have. Maybe it seems like no matter what we try to do things just don't get better. Seeking help and trusting a therapist with your deepest wounds or hardest struggles is a very courageous and vulnerable act. I feel privileged to be able to provide you with a safe space where you can be heard and help you to find your path to serenity.

Areas of Specialization: Trauma, PTSD, Mood disorders, Anxiety

Training/Certification: LPC, NCC

Theoretical Orientation: Eclectic, including but not limited to CBT, DBT, psychoanalytic, MI, Rogerian

Modalities: Individual, Group

Language(s) Other than English: Russian

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Out of Network

Fee Range for Self-Pay: 100-145
Sliding Scale? Yes
Julie Neufeld, LCSW

Pronouns: She/her/hers

43 Spring Street
Princeton, NJ 08542
914-400-6749

Race and/or Ethnicity: Caucasian
Gender Identity: Female

Biography:
I specialize in working with adolescents and young adults. I have 20+ years of experience helping young people negotiate major life transitions, relationship challenges, school related academic and social issues, as well as managing symptoms of depression, anxiety, trauma and substance abuse. I understand the importance of collaborating with my clients and individualizing each person's treatment approach. I am also aware of the specific dynamics of many of the local universities, and am able to assist students in navigating through those systems.

Areas of Specialization: Anxiety, Depression, School adjustment, Trauma

Training/Certification: - Intensively trained in DBT (dialectical behavior therapy)
- Level one sensorimotor psychotherapy training
- Advanced Trauma trained through Sensorimotor Psychotherapy Institute

Theoretical Orientation: I’m eclectic in my approach

Modalities: Individual

Language(s) Other than English: None

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Out of Network

Fee Range for Self-Pay: $170-$200 Sliding Scale? No
Widian Nicola, DSW, LCSW

Pronouns: She/Her/Hers

61 Princeton Hightstown Road, Unit 1-C
Princeton Junction, NJ 08550
360-904-9363
https://nicolacounselingservices.com

Gender Identity: Female
Race and/or Ethnicity: Arab-American

Biography:

I believe therapy can greatly improve connection, heal emotional wounds, improve self esteem, and foster safety and security. My unique therapeutic approach is rooted in my understanding of attachment and interpersonal relational dynamics. Based on my clients’ needs, I utilize various treatment modalities, but am chiefly interested in building authentic relationships with clients.

Areas of Specialization: Individual, Couples Counseling, Family

Theoretical Orientation: YOUNG ADULTS, WOMEN'S ISSUES, ANXIETY, DEPRESSION

Training/Certification: LCSW

Modalities: ATTACHMENT, DBT, IMAGO, EFT

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Out of Network

Fee Range for Self-Pay: $175  Sliding Scale? No
Vera Papp, MSW

361 Nassau Street
Princeton, NJ 08540
609-865-3630

Biography:

I am a licensed clinical social worker with a background in eating disorders, anxiety and depression. In my practice, I use a mix of psychodynamic, cognitive behavioral and dialectical behavioral therapies. I have worked with clients of all ages and backgrounds. I believe that we all have the capacity to gain strength from and overcome our struggles.

Areas of Specialization: Eating Disorders, Depression, Anxiety, Self-Injurious Behaviors

Training/Certification: I am a licensed clinical social worker with 10 years of experience.

Theoretical Orientation: Dialectical Behavioral Therapy

Modalities: Individual, Family

Language(s) Other than English: Hungarian

Insurance Accepted: Princeton Aetna Student Health Plan (SHP)

Fee Range for Self-Pay: $140-$160  Sliding Scale? Yes
Allison D. Pastor, Ph.D.

Pronouns: She/her

44 Nassau Street, Suite 365
Princeton, NJ 08542
609-462-4677


Race and/or Ethnicity: Caucasian

Gender Identity: Female       Sexual Orientation: Heterosexual

Biography:

I have over 15 years of experience working with adolescents and adults on a variety of issues, like depression, anxiety, addictive behavior and relationship conflicts. By imparting insight and effective learning strategies, I help people trapped in unproductive and unsuccessful behaviors to improve their health and enhance their relationships and work lives. I help people find the motivation and confidence to prepare to make healthy changes, and to maintain these changes in their lives.

Areas of Specialization: Anxiety, addiction

Training/Certification: Ph.D.

Theoretical Orientation: CBT/DBT

Modalities: Individual

Language(s) Other than English: English only

Insurance Accepted: Princeton Aetna Student Health Plan (SHP)

Fee Range for Self-Pay: $175-$200       Sliding Scale? Yes
Jennifer Perera, MSW

20 Nassau Street, Suite 111
Princeton, NJ 08540
(973) 337-0586
https://www.intervalhealth.com/therapy-for-college-students

Race and/or Ethnicity: White/Caucasian

Biography:

Believing in the principle of empowerment, we will work together to identify the core of your issues, develop a strategy to improve your overall level of functioning, and tap into your inner strengths. Everyone is unique; so I cater my treatment to meet your specific needs.

You can expect a collaborative, respectful and empowering therapeutic process. My role as a psychotherapist is to meet clients where they are with compassion and no judgment.

Trying to heal and grow alone can be challenging. I am here as a guide for your process by providing the tools, expertise and support necessary to move forward. I believe in the possibility of lasting positive change and have helped many clients shift past feelings of being in a rut to profoundly new and hopeful next stages of life.

Areas of Specialization: Prenatal and postpartum depression, anxiety, OCD. ADHD.

Training/Certification: I specialize in reproductive and maternal mental health. I also work with those with ADHD to learn to better manage and overcome the struggles with this diagnosis, particularly as it poses challenges in an academic setting.

Modalities: Individual, Couples Counseling, Caregiver with baby/child

Insurance Accepted: Princeton Aetna Student Health Plan (SHP)

Fee Range for Self-Pay: Sliding Scale? No
Tracey Post, MSSW, LCSW, CST, CCTP

Pronouns: she/her/hers
245 C Nassau Street
Princeton, NJ 08540
609-375-8727
www.tlpcounseling.com

Race and/or Ethnicity: white
Gender Identity: cis female  Sexual Orientation: pan

Biography:

What we do inside relationship matters more than any other aspect of human life; indeed it is how we heal and grow. There is no one size fits all in life; which is why an excellent fit between you and your therapist is critical. I believe mutual respect, authenticity, a non-judgmental atmosphere and a willingness and desire to work together are the keys to create meaningful change. I hope and expect you will find all of these elements working with me and together we will walk the path to healing. Come in and let's explore together!

I have expertise in building and growing relationships - between people or the relationship between who you currently are and who you want to become. Specialties: relationships, sexuality, trauma, grief/loss, depression, anxiety, separation/divorce, stress and embracing the constant changes life brings.

Areas of Specialization: Sexuality, Trauma Post-Traumatic Growth, Grief, Relationships

Training/Certification: Certified Sexuality Therapist (AASECT), Certified Clinical Trauma Clinician (IATP), EMDR, Somatic Bodywork, Neurofeedback

Theoretical Orientation:

Modalities: Individual, Group, Couples Counseling, Family, Caregiver with baby/child

Language(s) Other than English:

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Out of Network

Fee Range for Self-Pay: $200-$250  Sliding Scale? Yes
Jackie Printon, LCSW

43 Tamarack Circle
Skillman, NJ 08558
609-921-6070


Biography:

I favor a collaborative, non-judgmental and relational approach, which acknowledges our basic need for connection with others and how our experiences in early relationships affect current relationship patterns, our sense of self worth and our behavior.

Within the safety of the therapeutic relationship lies the opportunity for honesty, acceptance, validation and change that may not be possible in other relationships.

I also help clients to identify their thoughts and core beliefs, as our thoughts are very powerful, are often treated as facts, and greatly influence our mood and behavior. If there are thoughts, expectations or beliefs that are contributing to a client’s anxiety and depression, exploring and challenging these thoughts can lead to an increased sense of control and an improvement in mood and functioning.

I believe that black and white thinking is confining and that life occurs in the complex gray areas in between. I can help clients, especially those with perfectionist tendencies or a critical inner voice to find peace in the gray, without lowering their standards.

I am interested in people's relationship with their emotions and offer clients coping skills to manage their emotions, whether they feel them too intensely, are detached or numb, or a combination of both.

**Areas of Specialization:** Anxiety, depression, relationships, ADD/ADHD

**Training/Certification:** I am an LCSW, currently in private practice for the past five years. I worked at Princeton House Women's program as an individual and group therapist for four years. I also worked for eight years as a School Social Worker, managing special education services. I have a lot of experience working with young adults and the unique challenges they face in their current world.

**Theoretical Orientation:** My theoretical orientation is Relational. I incorporate the principles of Cognitive Behavior Therapy, Dialectical Behavior Therapy, Attachment Theory and Family Systems Theory, which are tailored to the individual goals and needs of my clients.

**Modalities:** Individual, Facilitating communication/relationship between a client and significant other (partner, parent, sibling, roommate, etc.)

**Language(s) Other than English:** Some Spanish

**Insurance Accepted:** Princeton Aetna Student Health Plan (SHP), Out of Network

**Fee Range for Self-Pay:** $160 for full hour **Sliding Scale:** No
Dawn Raffa, Ph.D

2 Tree Farm Road Suite A220
Pennington, NJ 08534
609-613-0110
http://www.innerbalancepsychology.com

Biography:

I am a Licensed Clinical Psychologist who specializes with children, adults and families. I received her Ph.D in clinical psychology from Walden University, attended graduate school at Rutgers University earned a Masters of Social Work and earned a B.A. in Psychology and Philosophy from Rutgers University, Douglass College. My 20 year work history includes working as an in home family therapist and an outpatient therapist in private group practices in Northern and Central New Jersey. I received specialized training in structural family therapy from the Minuchin Center for the Family in New York, NY and from the Philadelphia Child and Family Therapy Training Center. I also completed Gottman level one training for treatment with couples. In addition, I trained at the Beck Institute in Philadelphia, PA to become a certified diplomate of cognitive behavioral therapy. In addition, I conduct psychological, ADHD and psychoeducational evaluations and am certified in biofeedback.

I employ Cognitive Behavioral Therapy, (CBT) Acceptance and Commitment Therapy (ACT), Mindfulness Based Stress Reduction (MBSR), Mindfulness Based Cognitive Therapy (MBCT) to assist patients children, adolescents, adults, couples and families and her area of expertise is in treating mood disorders, anxiety disorders and childhood disorders. I specialize with women and children and incorporate a combination of technique, humor and empathy when working with my clients. I incorporate CBT, ACT and mindfulness techniques to assist patients with reframing their dysfunctional beliefs and changing their self defeating behaviors. Additionally, I supervise doctoral candidates, post doctoral residents and clinical staff in the practice. I use Cognitive Behavioral Therapy, (CBT) Exposure and Response Prevention (ERP), Acceptance and Commitment Therapy (ACT), Mindfulness Based Stress Reduction (MBSR), Mindfulness Based Cognitive Therapy (MBCT), Ecosystemic Family Therapy (ESFT) and habit reversal training when working with clients.

Areas of Specialization: Anxiety Disorders (OCD, Panic Disorder, GAD), Mood Disorders, Personality Disorders, ADHD/Learning Disorders

Training/Certification: Beck Institute, Mindfulness Based Stress Reduction, Eco-Systemic Family Therapy

Theoretical Orientation: Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, Mindfulness Based Stress Reduction, Eco-Systemic Family Therapy, Gottman Method

Modalities: Individual, Couples Counseling, Family

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Out of Network

Fee Range for Self-Pay: $275 initial/$225 additional Sliding Scale? No
Desirée Reitknecht, MFT

Pronouns: she/her/hers

200 North Harrison Street
Princeton, NJ 08540
415.596.8875
https://desireereitknecht.com/

Race and/or Ethnicity: White

Gender Identity: Cisgender    Sexual Orientation: Queer

Biography:

In my practice I strive to use the most effective treatments. I am most inspired by the research at the intersection of the neuroscience and psychology fields. By combining elements of Relational and Attachment Theory, along with Mindfulness meditation, and embodiment practices, I am able to attain results that make a difference in people’s lives.

I understand that revisiting vulnerable places may touch on feelings of pain, confusion or even shame. Using body awareness exercises, self-regulation techniques and mindfulness skills tailored to your specific needs, I can support you in finding solutions and help you to heal the places inside that are holding you back from what you want in your life.

During my psychotherapy training in Somatic Psychology at California Institute for Integral Studies, I focused on how to make connections between the mind, body emotions and spirit. Over time, I discovered that in order to heal, one needs to create balance in these domains. For many years, I explored how to do this for myself and with my clients. My intention is to provide a sacred therapeutic space where clients can feel safe to explore deeply within themselves and develop the tools they need to heal.

Finding the right therapist is essential to having a positive outcome. Together, we can organize a plan to define your goals and create a map on how you can succeed so that you can transform your life and strive to embrace your fullest potential.

Areas of Specialization: Stress, Anxiety, Depression, Sleep Issues, Issues related to Sexuality and Identity

Training/Certification: Clinical Anxiety Treatment Professional, DBT Foundational Training, Mindfulness Fundamentals

Theoretical Orientation: Relational Theory

Modalities: Individual

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), United Health Care

Fee Range for Self-Pay: 190   Sliding Scale? Yes
Steve Resnick, M.D.

1000 Herrontown Road
Princeton, NJ 08540
609-683-0707
www.mindandbodyinfo.com

Biography:

As a Princeton alumnus myself, I am aware of many of the programs, procedures, activities and stresses of being a Princeton student. I have extensive training and experience in both Psychopharmacology (medication) as well as Psychotherapy. I work together with each patient to find the best combination of therapy and/or medication. I can also manage medications if someone else is doing the therapy.

Areas of Specialization: Depression, Anxiety, OCD, Bipolar Disorder, Panic Attacks

Training/Certification: B.S. Princeton Psychology major, M.D. New York Medical College, Residency Columbia/St. Lukes Roosevelt Hospital

Modalities: Individual

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), and if you have another insurance, we can submit the paperwork for you

Fee Range for Self-Pay: Varies depending on type of therapy or treatment. Call for details.

Sliding Scale? No
Jill Richards, Psy.D.

Pronouns: she/her/hers

20 Nassau Street Suite 212 (As of fall, 2020 will be moving just down the street on Nassau; details will be forthcoming)

Princeton, NJ 08544

(631) 384-5211

http://www.comprehensivementalhealth.net/

Race and/or Ethnicity: White

Gender Identity: Female  Sexual Orientation: Straight

Biography:

Through the years Dr. Richards has worked extensively with college students and, in addition, she has substantial experience working with adults, couples and families. While early in her career Dr. Richards was heavily influenced by psychodynamic perspectives on human development, in more recent years she has cultivated rich and useful skills in evidence based treatments including Cognitive Behavioral Therapy and Dialectical Behavior Therapy. Her philosophy includes a commitment to life long learning in the field to deliver the best available care. Incorporated into Dr. Richards's approach is respect for cultural and individual difference and a deep appreciation of how power, access and opportunity impact health and well-being. In her spare time, Dr. Richards enjoys time with her family and friends, travel, reading fiction, theater and museums and hugging her very big dog. Dr. Richards has been in clinical practice since 1998.

Areas of Specialization: University Mental Healthcare Former Director of a Rutgers University Mental Health Service

Training/Certification: Training in Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Cognitive Processing Therapy for Trauma (CPT), Acceptance and Commitment Therapy (ACT), Exposure and Response Prevention (ERP for OCD) as well as general stress management reduction techniques such as Mindfulness.

Theoretical Orientation: Dr. Richards works with a wide range of students. She adopts a holistic and integrative approach informed by the best available research evidence in the context of an empathic, attuned collaborative connection with each person seeking care. Offering treatment for Depression, anxiety, OCD spectrum concerns, difficulty with regulating feelings, as well as a range of strategies to support movement toward each person's personal values and goals.

Modalities: Individual, Group, Couples Counseling, Family, Caregiver with baby/child

Language(s) Other than English: Unfortunately, not fluent beyond English

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Out of Network
Biography:

Jillian is a Licensed Clinical Social Worker who offers individual, family and group counseling services to clients of all ages, from children, and tweens to adolescents, adults, and seniors. Jillian is particularly skilled at developing supportive, trusting relationships with clients which enable them to safely explore challenges, improve coping and communication skills, and develop more satisfying relationships. In her work with families, Jillian provides tools to facilitate effective communication between all family members.

Jillian is well versed in providing treatment to clients who struggle with a variety of challenges, ranging from mood and anxiety disorders to behavioral issues and trauma. She utilizes an eclectic and strengths-based approach in her work which incorporates elements of: Dialectical Behavior Therapy (DBT), Cognitive Behavioral Therapy, Mindfulness, Trauma-focused therapy and Compassion-focused therapy.

Areas of Specialization: Child, tween, adolescent, young adult, adult, athletes

Training/Certification: Licensed Clinical Social Worker

Theoretical Orientation: Dialectical Behavior Therapy

Modalities: Individual

Language(s) Other than English: Conversational Spanish

Insurance Accepted: Out of Network

Fee Range for Self-Pay: $160  Sliding Scale? Maybe
Helen Rudinsky, MFT, LPC

Pronouns: she, her
Nassau Street
Princeton, NJ 08540
571 242 4198
www.PrincetonCounselingServices.com

Race and/or Ethnicity: white

Gender Identity: woman
Sexual Orientation: heterosexual

Biography:

The life of a Princeton student is not always easy! There can be loneliness away from the support of family and friends, stress from a heavy course load, and for those from another state or country--difficulties adapting to a new place.

I love helping students navigate the ups and downs of campus life. Students find me warm, friendly and compassionate. We work together to create a treatment plan based on your needs and goals so you can experience success and harmony in your relationships and daily life while at Princeton.

In Individual Counseling, I help you work through issues, so you feel empowered to move forward with confidence: relationship problems, anxiety, depression, self-esteem, overeating, career and life decisions, etc.

Couples Counseling is solution focused so you can see positive results in your relationship right away. I help couples build strong, healthy relationships by improving communication and resolving conflicts with videos, Myers Briggs personality tests, vignettes and other tools to bring about rapid change.

I have had counseling practices in Amsterdam, Vienna, Lausanne and Moscow and have learned many languages. So, I am familiar with the struggles of International Students, Expatriates and Third Culture Kids, TCKs, I am one!

I understand the demands placed on students living in a country not their own, the frustration speaking a language other than your mother tongue and the difficulties adapting to a new culture with different values and customs.

For those who desire, I can offer counseling from a spiritual, faith-based, Christian perspective. We work together to find meaning in your daily struggles and trials and determine your path forward.

Areas of Specialization: Christian counseling, relationship issues, cultural adjustment, self-esteem, anxiety, depression, overeating and life direction

Training/Certification: Licensed Professional Counselor, LPC. Masters Degree in Marriage & Family Therapy, Masters Degree in Intercultural Studies, and Masters of Divinity from Princeton Theological Seminary.
Theoretical Orientation: My theoretical orientation is eclectic depending on the needs of the student. I am very supportive and client centered, using Cognitive Behavioral Therapy, Solution Focused Therapy, Family systems Therapy and Mindfulness.

Modalities: Individual, Couples Counseling, Family

Language(s) Other than English: German, Russian, Czech, Slovak and some French

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Blue Cross/Blue Shield (Horizon), United Health Care, Out of Network

Fee Range for Self-Pay: Sliding Scale? Yes
**Michal Saraf, Psy.D.**

*Pronouns:* she, her, hers

601 Ewing Street, Bldg.C, Suite 11

Princeton, NJ 08540

609-577-7028

*Race and/or Ethnicity:* caucasian

*Gender Identity:* female  
*Sexual Orientation:* heterosexual

**Biography:**

I am a psychologist with many years of experience. I currently direct the counseling center at the University of Pennsylvania and conduct private practice in Princeton. My practice includes people of many different ages and identities and I have experience with the range of historical and current issues that bring people into psychotherapy. The foundations of my training rest in psychodynamic theories and I have had the opportunity to enhance this understanding with further training in ACT, CBT, DBT, family systems, mindfulness and of course the particular challenges of people navigating university communities. I approach each new client with an interest in learning and knowing all the complex experiences and identities that comprise one individual. I use an interpersonal approach and seek to understand current difficulties in the context of history and current environment. Collaboratively, I develop a treatment plan focused on goals for change. I invite understanding of emotion, cognition, and behavior in an interpersonal framework in the service of addressing challenges to valued and optimal functioning.

**Areas of Specialization:** anxiety, mood disorders, trauma, substance use challenges, relationship issues, grief

**Theoretical Orientation:** integrative

**Modalities:** Individual, Couples Counseling

**Insurance Accepted:** Princeton Aetna Student Health Plan (SHP)

**Fee Range for Self-Pay:** $225.00  
**Sliding Scale?** Yes
Stephanie Sasso, PsyD

Pronouns: she, her, they, them
327 Becker Street
Highland Park, NJ 08904
732-789-3242
www.risepsych.com

Race and/or Ethnicity: caucasian
Gender Identity: femme non-binary
Sexual Orientation: queer

Biography:
I specialize in the treatment of gender diverse, LGBTQ and sexual minority patients including transgender patients of all ages, the BDSM community, non-monogamous patients, as well as couples and families. I can provide hormone and surgical evaluations if needed. My practice strives to assist patients in gaining clarity about their authentic selves and live as authentically as possible. I also run groups for transgender and non-binary individuals.

Areas of Specialization: gender and sexual diversity/LGBTQ

Training/Certification:
Theoretical Orientation: integrative

Modalities: Individual, Group, Couples Counseling, Family

Language(s) Other than English:

Insurance Accepted: I can provide invoices for out of network reimbursement

Fee Range for Self-Pay: $215 to 225    Sliding Scale? No

Pronouns: She, Her, Hers

16 Vandeventer Avenue (first floor, back door)

Princeton, NJ 08542

267-974-5253

Race and/or Ethnicity: Caucasian

Gender Identity: Female  Sexual Orientation: Heterosexual

Biography:

I believe most clients seek to bring out their "better selves" but need help developing a base of self-compassion, self-understanding, and self-empowerment, all of which are supported by a healthy attachment relationship with their therapist. I want clients to feel "seen" by me, and be able to see more of their own inner worlds. Inner Relationship Focusing enables a gentle awareness of parts of the self which in the presence of Self become less shrill, avoidant, critical, rigid, or whatever version of self-protection they have adopted from past experiences, or perhaps genetic transmission. When the "worries" of parts are appreciated and underlying traumas are addressed, new energy, resilience, and options become available. I find that sharing information about the brain gives most clients a sense of reassurance and "no wonder!" I pray for my clients and will pray with the occasional client who asks for that in a session. However, my job is to support people on their unique path, and evangelism of any kind is never appropriate. My own struggles have deepened my compassion but I do not let them form "assumptions" in my work. I listen with clients to their words and subtle body signals, as well as to what is not said. The client's change-liberating truth is ever-surprising and so often just waiting below the surface! As appropriate, I introduce strategies for self-management, give homework, and help individuals stay accountable to their own longings, best intentions, creativity, and passion, being curious with them about "action blocks" which might be in the way. With couples, I model curiosity and empathy for the emotions and needs masked by off-putting and protective behavior, helping partners connect on deeper levels and experiment with new behaviors.

Areas of Specialization: Trauma, Couples Therapy, Spirituality, Resilience, Grief, Values and Meaning, Vocational Discernment, Family of Origin including boundaries and differentiation, Transitions, Anxiety, Depression, Self-compassion and Self-care, LGBTQ, Dating and Pre-marital Exploration

Training/Certification: I was trained (and am licensed) as a marriage and family therapist at Council for Relationships in Philadelphia where I taught, supervised and saw clients for 10 years. I have EMDR Level II training and have used this as appropriate for 25 years. I am certified in Hakomi Therapy; am pursuing an in-depth certification in Trauma Incident Reduction as well as Life Stress Reduction; have completed the second year of Inner Relationship Focusing; have HeartMath certification; completed a two-year course in Gestalt Therapy and Christian Healing; completed Emotionally Focused Therapy Level I and additional training days. I am trained in Inner Bonding, The Sedona Method, and the Emotional Freedom Technique (similar to TFT). I have had training with Dan Siegel on neuroscience, and in
modalities such as IFS, DBT, Brainspotting, Positive Psychology, CBT and more. Prior to becoming a therapist, I was ordained in the United Church of Christ and pastored a church in the early 1980s. My BA in psychology and MA in sociology are from Stanford University and I received a Master of Divinity Degree at Princeton Seminary.

**Theoretical Orientation:** I have a family systems "lens" whether working with individuals or couples but am thoroughly eclectic, integrating approaches the client and I find effective and engaging. Since a positive match between the therapist and client is essential, I pay close attention to a client's wording and subtle body expression, inviting awareness of their rich inner world and resources. And I pay attention to signals in our therapeutic relationship which might mirror dynamics or challenges in other parts of their lives.

**Modalities:** Individual, Couples Counseling, Have led numerous Artist's Way groups, Inner Bonding groups, and resilience skills seminars.

**Language(s) Other than English:** Dutch

**Insurance Accepted:** Princeton Aetna Student Health Plan (SHP), Out of Network, HealthSmart (for Princeton Seminary Students)

**Fee Range for Self-Pay:** $130-$170  **Sliding Scale?** Yes
Jacqueline Schreiber, MSW, LCSW

Pronouns: She/Her/Hers

43 Tamarack Circle
Skillman, NJ 08648
609-921-6070
www.pmillertherapy.com

Gender Identity: Female

Biography:

I work with young adults and adults experiencing stress, worry, anxiety and depression related to various life transitions and relationship concerns. My style is empathic, collaborative, and client-centered. I believe a compassionate and supportive therapeutic relationship is essential; it creates a safe and non-judgmental atmosphere allowing clients to fully explore their concerns, identify their options, and begin to make the changes they seek. I help clients better understand their patterns of thinking, feeling and behaving which provides the foundation for making purposeful changes in their lives and relationships.

Areas of Specialization: Anxiety, Depression, Worry, Life Transitions

Training/Certification:

Theoretical Orientation: Integrative utilizing Psychodynamic, CBT-based, psycho-education, Motivational Interviewing

Modalities: Individual

Language(s) Other than English:

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), While we are not in-network, we do electronic billing to health insurance providers for all clients

Fee Range for Self-Pay: $160  Sliding Scale? No
Karen Schwartz, Ph.D.

247 Nassau Street
Princeton, NJ 08540
917-733-4536

Biography:
I am a clinical psychologist with 20 years of experience. I began my clinical training with a 3-year externship at a psychoanalytic institute where I had the good fortune to have mentors who demonstrated great respect, care, and appreciation for their patients, with an attitude of interest and compassion, never judging or pathologizing. I learned how to carefully pay attention to the subtleties of interpersonal communication. I also learned the value of long-term intensive psychotherapy, which I believe is the approach best suited to getting to the root of long-standing difficulties. After completing an Internship at a VA hospital, I was a Post-doctoral Resident at Princeton University’s Counseling & Psychological Services (CPS). I was delighted to join the CPS staff from 2007 through 2015. During these years, I gained an appreciation for the pressures that Princeton students face. I decided to start a private practice in 2015, as that setting affords the opportunity for the type of deep exploration that I believe is most helpful to people.

In my view, psychotherapy is aimed at addressing the human condition - the many difficulties and challenges inherent in being human among other people. It provides an opportunity to speak candidly with someone who has specialized training in attending to the aspects of experience that are not immediately understandable. This can lead to feeling known as a unique individual, and to feeling less alone. Over time, a person may begin to develop an attitude of acceptance, compassion, and curiosity toward their struggles, rather than the more automatic self-critical attitude that can be so undermining. This all has the potential to heal old wounds, facilitate growth, and generally enhance one’s quality of life.

Areas of Specialization: I work with people dealing with issues such as depression, grief, and loss; low self-esteem, lack of confidence; anxiety, panic attacks, trauma and stress; relationship difficulties; low motivation, lack of purpose in life; identity issues; loneliness and social isolation.

Training/Certification: Ph.D., Clinical Psychology; current candidate in psychoanalysis

Theoretical Orientation: Psychodynamic

Modalities: Individual

Insurance Accepted: Princeton Aetna Student Health Plan (SHP)

Fee Range for Self-Pay: Will discuss upon request  Sliding Scale? Maybe
Katie Scozzari, LCSW

Pronouns: she/her
1912 Princeton Ave
Lawrenceville, NJ 08648
609-631-5351
https://www.katiescozzarilcsw.com

Race and/or Ethnicity: caucasian
Gender Identity: female

Biography:
I believe that all individuals are capable of change and growth and have the ability to achieve their life worth living goals, once they are given the tools and skills needed to become more comfortable with vulnerability and owning their stories. I am a mindfulness based practitioner who specializes in treating individuals struggling with confusion about self, purpose and direction; eating disorders; anxiety disorders and PTSD. I describe my therapeutic style as irreverent yet warm, authentic and honest.

Areas of Specialization: eating disorders, anxiety disorders, college age life transitions

Training/Certification: DBT foundational training 2014, certified Eat Breathe Thrive facilitator, DBT-PE training 2018

Theoretical Orientation: DBT, Prolonged Exposure, CBT, ACT, compassion focused, mindfulness based

Modalities: Individual, Caregiver with baby/child

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), United Health Care

Fee Range for Self-Pay: 150-175  Sliding Scale? Maybe
Belinda Seiger, PhD, LCSW

Anxiety and OCD Treatment Center of Princeton

Pronouns: She, Her, Hers
22 Stockton Street
Princeton, NJ 08540
609-288-8110
www.ocdanxietyhelp.com

Gender Identity: Female

Biography:
Our whole person in context perspective enables us to partner with you to provide strategies and skills for managing your symptoms while reinforcing your strengths. We love the work we do and feel privileged to offer you our expertise. We are committed to offering you an Anti-Racist, LGBTQIA welcoming experience, where your unique needs are honored and respected.

I view myself as your partner in facilitating your growth, success and emotional wellbeing. My goal is to empower you to develop a range of strategies to manage your anxiety, attention and productivity challenges, rumination, panic and OCD symptoms, while focusing on your priorities, goals and relationships. I am interested in you as a person, not just as a diagnosis or label. I draw upon your strengths in a warm, genuine & respectful interaction, getting to know what works for you personally, rather than trying to fit you into some theoretically preconceived perspective.

I understand that it's stressful to open up to a stranger about your struggles and worries, especially when you may feel embarrassed or uncertain about counseling in the first place. I am an LGBT ally, and a former First Gen student myself, and I welcome people of differing abilities, backgrounds and beliefs to my practice.

Areas of Specialization: Anxiety, Insomnia, Procrastination, Obsessive Compulsive Disorder, Phobias, Excessive Worry/Rumination, Motivation/Productivity, ADD/ADHD

Training/Certification: Cognitive Behavioral Therapy
Cognitive Behavioral Therapy for Insomnia (CBT-I)
Exposure and Ritual Response Therapy, (ERP)
Habit Reversal Therapy for Skin Picking (Excoriation), Trichotillomania and Tics
ADD/ADHD & Executive Function Coaching

Theoretical Orientation: Cognitive Behavioral Therapy
Acceptance and Commitment Therapy

ADHD/ADD Coaching

**Modalities:** Individual, Group, Couples Counseling, Children and Adolescents 9 and up

**Insurance Accepted:** Princeton Aetna Student Health Plan (SHP), Out of Network

**Fee Range for Self-Pay:** $185-250  **Sliding Scale?** Yes
Scott Seiger, MSW/LCSW

Pronouns: He, him, his
20 Nassau St., Suite 224
PRINCETON, NJ 08540
609-288-7600

Race and/or Ethnicity: Caucasian
Gender Identity: Male  Sexual Orientation: Heterosexual

Biography:
I offer real world experience drawing upon my prior career in the technology and business sectors, combined with a supportive, client centered focus. I have experience working with individuals living with mood disorders, trauma and complex family situations as well as loss and grief. I integrate practical guidance along with strength based strategies for managing your mental health while engaging with stressful and rigorous academic demands. My approach is warm, pragmatic and interactive, while also sensitive to diversity and the complexity of coping with these challenges.

Areas of Specialization: Mood Disorders/Schizophrenia. Becoming a Dad, Juggling Parenting and School Stressors, Stress Management, Insomnia, Career Decision/Transitions, Living With Loss/Grief, Men's Communication in Relationships

Training/Certification: Licensed Clinical Social Worker, MSW Received from Rutgers University; Worked in Dean of Students Office at Rutgers; Trauma Informed Training, Men's Trauma Issues, CBT-I, CBT for Insomnia

Theoretical Orientation: Integrative; Trauma Informed, Cognitive Behavioral and DBT Informed Therapy, Supportive, Client Centered.

Modalities: Individual, Group, Caregiver with baby/child

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Out of Network

Fee Range for Self-Pay: $100  Sliding Scale? No
Race and/or Ethnicity: Black, Afro-Caribbean
Gender Identity: male  Sexual Orientation: Hetero

Biography:

Our experiences mold us in various ways. If I were to imagine a plant that captures what happens to many of us when faced with challenging and persistent experiences, the CACTUS comes to mind. Like the CACTUS, we develop tougher skin and spikes to protect ourselves from problematic situations. When not processed correctly, the development of these characteristics may detract attention from the other powerful properties we possess. For some, the CACTUS may be the least appealing plant. When given the time to learn about it, you discover that the CACTUS is extremely resilient, powerful, beautiful and filled with wonders.

Jean is experienced in treating issues such as anger management, oppositional defiance disorder, anxiety, depression, sexual deviance, and many others through individual and family counseling. Jean is sensitive to multicultural issues, ranging from gender to sexual orientation. He is skilled at utilizing REBT and CBT interventions in his daily practice.

Areas of Specialization: Multicultural Issues, Depression, Anxiety, Gender-based Issues, Issues around Interpersonal violence

Theoretical Orientation: Psychodynamic, CBT

Modalities: Individual, Couples Counseling

Language(s) Other than English: Haitian-Creole

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Blue Cross/Blue Shield (Horizon), Out of Network

Fee Range for Self-Pay: $75-$150 per session  Sliding Scale? Yes
Elizabeth Semrod, MSW

195 Nassau Street
Princeton, NJ 08540
(609) 608-5304
https://www.elizabethsemrod.com/

Biography:

Today you are one step closer to a new you where you feel empowered and on a positive path to growth and well-being.

As a solution-focused therapist, my goal is to help you uncover your true potential and lead a life that is worth celebrating. While we can't change difficult situations of the past, we can work together to better understand and resolve challenges in your life. By applying complementary therapy approaches and techniques, we will unearth long-standing behavior patterns or negative perceptions that may be holding you back from experiencing a more fulfilling and meaningful life.

If you're looking for extra support and guidance through a challenging situation or you're just ready to move in a new direction in your life, I look forward to working with you to achieve your goals.

Please call or email me for an individual, couples or family therapy consultation today.

Areas of Specialization: Depression, Anxiety, self-harm
Training/Certification: Cognitive Behavioral Therapy and EMDR
Theoretical Orientation: Strength Based
Modalities: Individual, Caregiver with baby/child
Insurance Accepted: Princeton Aetna Student Health Plan (SHP)
Fee Range for Self-Pay: Sliding Scale? Maybe
Jamie Siegel, Psy.D

**Pronouns:** She, Her, Hers

666 Plainsboro Road, Building 100, Suite F
Plainsboro, NJ 08536
609-297-5067
https://www.drjamiesiegel.com/

**Gender Identity:** Female

**Biography:**
People tend to seek therapy when they are struggling to manage difficult emotions, experiencing conflict or distance in relationships, or feeling dissatisfaction in important areas of their lives. I view therapy as an opportunity to explore feelings, understand behaviors, and develop the tools for living a more authentic, satisfying, meaningful life.

The therapeutic relationship is the context within which healing takes place. As a clinical psychologist, I strive to be genuine, warm, and collaborative. I bring humor into my work and actively engage in the therapeutic process. I view the therapeutic relationship as a safe, non-judgmental space within which to grow, learn, and change. I believe that everyone possesses the natural ability to reach their fullest potential, and it is my privilege to help others discover and develop their strengths and resources.

**Areas of Specialization:** Anxiety, depression, relationship issues, women’s issues, grief/loss, life adjustments

**Training/Certification:** Doctor of Psychology

**Theoretical Orientation:** A blend of psychodynamic and cognitive behavioral

**Modalities:** Individual, Couples Counseling, Family

**Insurance Accepted:** Princeton Aetna Student Health Plan (SHP), Out of Network

**Fee Range for Self-Pay:** $150-200   **Sliding Scale?** Yes
Biography:

Change is a part of life that is unavoidable and constant. At some point in our lives we ALL experience a significant change; whether it’s moving, starting a new job or college, or beginning or ending a relationship. Some people seem to effortlessly transition from one stage of life to another, but for many the process feels as if the world has been turned upside down. Feelings of excitement, fear, sadness, even anger are common during these times. Learning how to recognize our emotions and response to stress can help us successfully navigate the challenges we face. We can learn how to develop healthy coping mechanisms and embrace change with optimism, gratitude and JOY.

Psychotherapy can be a valuable resource for anyone looking to understand their emotional life better. As your therapist, I will provide a space that is safe and open to change and growth. I believe that therapy is a collaborative process and can customize treatments to meet my client's specific needs. I have have extensive training in helping clients with anxiety and depression, and will listen to your story within a psychodynamic framework. I also practice Cognitive Behavioral Therapy, Solution Focused Therapy, and Family Systems Therapy.

Areas of Specialization: Anxiety, Depression, Family Conflict

Training/Certification: LCSW

Theoretical Orientation: Cognitive Behavioral Therapy, Solution Focused Therapy, Family Systems

Modalities: Individual, Couples Counseling, Family, Caregiver with baby/child

Language(s) Other than English: Punjabi fluent, understand Hindi

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Out of Network

Fee Range for Self-Pay: $90-150 Sliding Scale? Yes
Jordana Skurka, Psy.D.

Pronouns: She/her/hers

20 Nassau Street, Suite 201
Princeton, NJ 08542
917-716-6664
http://www.drjskurkapsychotherapy.com

Race and/or Ethnicity: white
Gender Identity: Woman

Biography:
I am a clinical psychologist in practice for over 20 years. I specialize in individual and couples therapy. I have a particular expertise conducting therapy with college and graduate students, having worked for 6 years at university counseling centers including Fordham University and the Graduate Center in New York City, as well as Princeton University. I have worked with students in private practice throughout my career. My interest in psychology has been based on helping people decrease their pain, and expand their lives in ways important to them. Psychodynamic in my approach, I address a variety of concerns including anxiety, depression and trauma. In addition to insight-oriented work, I incorporate approaches that assist with mood regulation, such as mindfulness. Internal Family Systems is a notably effective therapeutic technique that I incorporate into my clinical work. Particularly helpful with trauma, the process enables us to tease apart and find out about, conflicting feelings or parts of ourselves, and by doing so it improves our ability to feel better, function effectively, and heal painful experiences from the recent and distant past. I also have assessed and worked with adults with Attention Deficit/hyperactivity disorder and thus understand its impact on daily functioning and academic work.

Emotionally Focused Couples Therapy (EFT) is an attachment-based model that helps couples identify difficult cycles of interactions, and recognize the needs, hurts and fears that underlie them. Doing so enables partners to (re)connect with one another in a meaningful, supportive and secure way. Research has proven this to be a highly effective form of therapy.

I am a warm person, able to create a safe environment by being sensitive to who you are: your personality, interactional style and whatever emotions you are experiencing.

Areas of Specialization: Anxiety, Depression, Trauma, Relationships, ADHD, Autism Spectrum

Training/Certification: I received my training in New York City where I obtained my doctorate in psychology at Ferkauf Graduate School of Psychology. I have also received training in Emotionally Focused Couples Therapy and Internal Family Systems.

Theoretical Orientation: Psychodynamic but incorporate other modalities as needed

Modalities: Individual, Couples Counseling
Insurance Accepted: Princeton Aetna Student Health Plan (SHP)

Fee Range for Self-Pay: $155-$180  Sliding Scale? Maybe
Roberta Sloan, MSW, LCSW

Pronouns: She/Her/Hers

145 Witherspoon Street, Suite C-1
Princeton, NJ 08540
609-430-0450
https://www.robertasloan.com

Race and/or Ethnicity: Caucasian
Gender Identity: Female  Sexual Orientation: Heterosexual

Biography:
I am a licensed clinical social worker in Princeton, New Jersey. I treat individuals, couples and families struggling with emotional distress, mental health disorders, or interpersonal conflict. I provide a safe, empathetic and supportive environment to assist clients in finding solutions to their problems. I specialize in treating depressive and anxiety disorders with an emphasis on mindfulness and behavioral coping skills. I believe in helping individuals find acceptance and relief from pain through direct and supportive interventions. I recognize the potential for overcoming adversity and believe in the individual’s capacity for growth using a strengths-based and solution-focused approach.

Areas of Specialization: Anxiety, Depression, Mood disorders, Trauma, and Couples

Training/Certification: I have a Master’s Degree in Social Work from Rutgers, The State University of New Jersey and a Bachelor’s Degree from Brown University. I am a member of the National Association of Social Workers. I have extensive clinical experience helping adults, adolescents, couples and families in outpatient and partial care settings. I have assisted individuals with depression, anxiety, mood disorders, trauma, and grief issues. I have completed numerous trainings in mindfulness, cognitive behavioral therapy, dialectical behavioral therapy, attachment theory, trauma counseling, and Gottman Level 3 couples counseling.

Theoretical Orientation: Strengths-based, client centered, solution-focused, CBT, DBT, and Gottman couples therapy.

Modalities: Individual, Couples Counseling, Family

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Blue Cross/Blue Shield (Horizon), Blue Cross/Blue Shield (Other), United Health Care, Out of Network, Medicare

Fee Range for Self-Pay: $155-$210  Sliding Scale? No
Beth Smith, LCSW

361 Nassau St
Princeton, NJ 08540
973-570-2099

Biography:

Beth is a solution-focused therapist. Her therapeutic style is to provide a safe environment and provide solution-focused treatment plans. She is versed at CBT, Codependent and Mindfulness modalities that offer a highly personalized plan for each client. With a mild manner and empathetic understanding, Beth works with all her clients towards refining their coping skills and role playing how to apply them in their everyday life.

Training/Certification: Grief, sports psychology, aging and Palliative care, mediation

Modalities: Individual, Group, Couples Counseling, Family

Insurance Accepted: Out of network

Fee Range for Self-Pay: $100-$180  Sliding Scale? Yes
Reshma Stafford, Psy.D.

Pronouns: she/her/hers

20 Nassau Street, Suite 502
Princeton, NJ 08550
732-440-8011
www.drreshmastafford.com

Race and/or Ethnicity: Indian/South East Asian
Gender Identity: Female  Sexual Orientation: Heterosexual

Biography:
I approach therapy as a collaborative process. I bring to the process knowledge and expertise about human behavior and you bring to it your experience of yourself, your strengths and your struggles. We can work together to help you reach your mental health goals.

Psychotherapy can be different things to different people. It can be a supportive space in times of sadness. It can be a quiet space to reflect on your life path. It can be a challenging place that offers you a different perspective. Therapy can be a place to learn ways to manage uncomfortable emotions. It can be a room to grow and learn about yourself, especially during periods of transitions. Therapy can help with relational conflict and communication issues. Therapy can be what you need it to be.

I enjoy working with adolescents, young adults, adults, and the geriatric population. Besides seeing individuals, I work with couples and families. I assist clients in managing their depression, anxiety, and traumas. I also work to address client issues around relationship and family concerns, identity, life transitions, and immigration and acculturation needs. My training in the multicultural program greatly informs my work, and I think of the individual in context, as I develop client treatment plans.

Theoretical Orientation: Integrative - drawing from Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Humanistic Psychology, Multicultural Counseling

Modalities: Individual, Couples Counseling, Family

Language(s) Other than English: Hindi, Gujarati

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Blue Cross/Blue Shield (Horizon)

Fee Range for Self-Pay: $175.00  Sliding Scale? No
**Lona Stranieri, MSW**

*Pronouns:* Ms.

213-214 Commons Way  
Princeton, NJ 08540  
(609)921-0020  
https://princetondbt.com

*Race and/or Ethnicity:* White  
*Gender Identity:* Female  
*Sexual Orientation:* Heterosexual

**Biography:**

We specialize in Dialectical Behavior Therapy (DBT) as well as trauma therapy and supportive counseling. We offer individual and group therapy for those struggling with depression, anxiety, mood disorders and trauma related symptoms.

**Areas of Specialization:** DBT, EMDR, Mindfulness-based psychotherapy

**Training/Certification:** DBT- Linehan Board of Certification Certified Clinician

**Theoretical Orientation:** DBT, EMDR, Mindfulness- based psychotherapy

**Modalities:** Individual, Group, Couples Counseling

**Insurance Accepted:** Princeton Aetna Student Health Plan (SHP), Out of Network

**Fee Range for Self-Pay:** $100-$165  
**Sliding Scale?** Maybe
Galina Staroselsky, M.D.

1000 Herrontown Road
Princeton, NJ 08540
609-751-3740

Race and/or Ethnicity: Human Race
Gender Identity: Prefer not to answer
Sexual Orientation: Prefer not to answer

Biography:
Treating patients with psychiatric disorders.

Areas of Specialization: General and Geriatric Psychiatry
Training/Certification: Residency and fellowship: UMDNJ
Theoretical Orientation: Medicine
Modalities: Medical treatment
Language(s) Other than English: Russian

Insurance Accepted: Out of Network
Fee Range for Self-Pay: $150-$350 depending on clinical procedure
Sliding Scale? No
Kathy Stratton, Psy.D

Pronouns: she/ her/hers
23 Berkshire Drive
Princeton Junction, NJ 08550
609-897-0052

Biography:
I endeavor to provide a warm, safe, non-judgmental setting for clients to explore whatever is troubling them. My goal is to provide support, insight, and compassion to assist clients in making positive changes in their lives. I have spent my career working in college counseling centers, and feel comfortable working with students who present with a wide variety of concerns. I am happy to talk with students by phone before scheduling an appointment if they have any questions about me, my approach to therapy or whether I might be able to help them. Recognizing that students have a lot of demands on their time, I am willing to adjust weekly appointment days and times to accommodate students' schedules, as needed.

Areas of Specialization: Depression, Anxiety, relationship concerns, sexuality and sexual orientation, athletes and sport psychology, disability.

Theoretical Orientation: Psychodynamic

Modalities: Individual

Insurance Accepted: Princeton Aetna Student Health Plan (SHP)

Fee Range for Self-Pay: Sliding Scale? Yes
Brooke Sweet, Psy.D.

20 Nassau Street, Suite 409
Princeton, NJ 08542
734-845-1324
www.drbrookesweet.com

Biography:

I believe that therapy is most effective when it is focused on helping you best understand yourself including your past, your current struggles, and your hopes for your future. Connecting with the right therapist can play a significant role in successful healing. I specialize in treating anxiety, depression, relationship and social problems, self-esteem concerns, ADHD/executive functioning, and adjustment issues.

I guide my clients on every step of the therapeutic process and implement various methods that help them develop new attitudes towards all of life’s most complex matters. We will work to solve current problems while understanding how your past is impacting current decisions. I can help you re-frame your thinking and provide you with valuable tools to cope with life’s obstacles.

Areas of Specialization: Anxiety, depression, relationship and social problems, self-esteem concerns, ADHD/executive functioning, and adjustment issues.

Training/Certification: New Jersey Licensed Psychologist
Psy.D. - The George Washington University
B.A. - The University of Michigan

Theoretical Orientation: Psychodynamic

Modalities: Individual, Neuropsychological Testing

Insurance Accepted: Princeton Aetna Student Health Plan (SHP)

Fee Range for Self-Pay: Sliding Scale? Maybe
Roberta Tessler, MSW

**Pronouns:** Her, She

231 Clarksville Rd Suite 7 Princeton Jct, NJ 08550

Princeton Jct, NJ

609-439-1812

https://www.robertatesslercounseling.com/

**Race and/or Ethnicity:** Caucasian

**Gender Identity:** Female  
**Sexual Orientation:** Female

**Biography:**

Strength based describes my philosophy of care. It is my belief that there are strengths within each person and that it is my work to find what is best within each client so that people can come to feel healthy and able. We look together at life situations and find the best ways to adapt to challenges with creativity. Playfulness and humor become part of treatment as the client and I collaborate to help people become the most effective actors in their own lives.

**Areas of Specialization:** Eating Disorders, Depression, Anxiety especially in college students

**Training/Certification:** LCSW

**Theoretical Orientation:** Family systems, CBT, Feminist, Psychodynamic, Couples, Mindfulness/Meditation

**Modalities:** Individual, Group, Couples Counseling, Family, Caregiver with baby/child, Prolonged Exposure

**Language(s) Other than English:** none

**Insurance Accepted:** Princeton Aetna Student Health Plan (SHP), Out of Network

**Fee Range for Self-Pay:** 140  
**Sliding Scale?** Maybe
Frank Thewes, LCSW

_Pronouns:_

32 Nassau Street, Suite 400
Princeton, NJ 8542
609-316-6696
PathForwardTherapy.com

_Race and/or Ethnicity:_ Caucasian

_Gender Identity:_ Male

_Biography:_

Take two minutes and call me. Call 2-3 other therapists as well. You'll likely know on the phone who you'll feel comfortable working with. I work well with couples experiencing relationship roadblocks, adults seeking clarity and fulfillment, college students looking for direction, and adolescents learning to adjust to new challenges. We will form a partnership to find change, peace of mind, well-being, and healing. I will be there with you for professional guidance and support as you work to improve your life. I have worked with clients from all walks of life.

Regardless of the letters after a therapist's name, if there is no connection, then you may not get the most from your time and effort in therapy. I strive to engage clients from the start and remain a partner on your path forward. My style is conversational and friendly.

I blend different approaches as needed to fit your needs as an individual. I can provide high-feedback sessions for busy people who would prefer an up-front approach. I also work with court-ordered domestic violence and anger management clients in a six-month program format.

_Areas of Specialization:_ Trauma, anxiety, depression, relationships, life transitions, personality development.

_Training/Certification:_ LCSW

_Theoretical Orientation:_ Trauma based perspective

_Modalities:_ Individual, Couples Counseling

_Insurance Accepted:_ Princeton Aetna Student Health Plan (SHP), Out of Network

_Fee Range for Self-Pay:_ $175 per session  _Sliding Scale?_ Maybe
Carol Tracy, Ph.D.

Pronouns: She, her

8 PineKnoll Dr.

Lawrenceville, NJ 08648

609-883-2300

email: cbtracy@comcast.net

Race and/or Ethnicity: Caucasian

Gender Identity: Female     Sexual Orientation: Heterosexual

Biography:

I believe in forming a relationship with my clients where they feel accepted for who and where they are, that is safe to explore feelings and concerns, where we cooperate to come up with solutions and where they feel empowered to make changes in their perspectives and their lives.

Areas of Specialization: Relationships, anxiety, depression, grief and loss, academic concerns, identity issues

Training/Certification: B.A. from the University of Maryland, College Park, Md.; Ph.D. in Counseling Psychology from the University of Pennsylvania, Philadelphia, Pa.; Senior Staff Psychologist and Director of Training at Princeton University Counseling and Psychological Services, 1982-2007; Private Practice, 2007 to the present.

Theoretical Orientation: Emotionally focused, psychodynamic

Modalities: Individual, Caregiver with baby/child

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Out of Network

Fee Range for Self-Pay: $180    Sliding Scale? Yes
Katie Tracy, MSW, LCSW

Pronouns: She/Her/Hers
100 Princeton Overlook Center 2nd Flr
Princeton, NJ 08540
609-554-5355

Race and/or Ethnicity: Caucasian
Gender Identity: Female  Sexual Orientation: Heterosexual

Biography:
Welcome to Princeton Psychotherapy and Integrative Health (PPIH), where you, your values, and your self-determination are at the center of the healing process. We see you as a whole person, whose current reason for treatment is a product of multiple variables, which we work together to uncover and address. We also see you as an individual who is ready to embark on a journey where your valid needs are met, while you live life to the fullest.

At PPIH we offer a highly individualized, and often multi-disciplinary approach to optimize positive and timely outcomes for our clients. We use an array of therapeutic modalities which draw from Dialectic Behavioral Therapy, Trauma and Mindfulness-based CBT, and incorporate the latest neuroscience research into the process.

Your time is valuable. Many of our clients come to us feeling disheartened and frustrated after years of previous treatments which failed to produce results. We invite you to call us today for a confidential consultation, and begin to experience noticeable, positive advances in your state of well-being.

Areas of Specialization: Depression; Anxiety; PTSD; Complex Trauma

Training/Certification: Licensed Clinical Social Worker

Theoretical Orientation: Attachment Theory; Cognitive Behavioral Therapy; Dialectical Behavior Therapy; EMDR; Trauma Focused-Cognitive Behavioral Therapy

Modalities: Individual, Group

Language(s) Other than English:

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Medicare

Fee Range for Self-Pay: $150-175  Sliding Scale? Maybe


Jasmine Ueng-McHale, Ph.D.

Pronouns: She/her/hers

44 Nassau Street, Suite 310
Princeton, NJ 08542
201-893-0390

Race and/or Ethnicity: Asian American

Biography:

With compassion and acceptance, I guide clients through a therapeutic process towards change, healing and growth. Supportive and direct, I will strive to work collaboratively with you to support your development and to help you to build strong connections with others, to discover new insights, and to find relief from feelings of depression, anxiety, harsh self-criticism, or difficulties in relationships, work, or marital conflict. I respect the unique background that each person brings, and I work together with my clients to individualize treatment to meet their needs.

Areas of Specialization: Attachment relationships, treatment of trauma, depression and anxiety, work with diverse populations, race/gender/sexuality and development, social justice and spirituality.

Training/Certification: Education/Experience: B.A. Psychology Magna Cum Laude Princeton University; Ph.D. Clinical Psychology CUNY Graduate Center, Early Childhood Mental Health Internship YCS; Designed and coordinated Parent-Infant/Toddler Program 2010-2012 at YCS; Adjunct professor Early Childhood Assessment, Certificate Program for Autism and Early Childhood Mental Health, Montclair University.

Theoretical Orientation: My clients include parents and infants/toddlers, children, adolescents, adults and couples. I have extensive training in the following research-supported approaches: psychodynamic therapy, Emotionally Focused Therapy for couples, over 15 years of experience in the DIR/Floortime model with clients with autistic spectrum diagnoses, ADHD, and LD, and neuropsychological/developmental assessments.

Modalities: Individual, Couples Counseling, Caregiver with baby/child

Insurance Accepted: Princeton Aetna Student Health Plan (SHP)

Fee Range for Self-Pay: $200 Full Fee Sliding Scale? Yes
I believe that our lives are deeply affected by the ways important people in our past were able to connect to who we felt we were and who we felt we wanted to become. To understand the true impact of these relationships they must be understood in the multi-dimensional context in which they were formed. Race, culture and socioeconomic status are all factors to be considered when exploring the familial environment in which we grew up. If our past and present relationships are imbued with empathy, respect and acceptance we develop the strong coping skills needed to engage the world with confidence and overcome the pain of loss, disappointment, failure and social injustice.

It is natural for our minds to attempt to protect us from emotional discomfort but there are times when the obstacles we face seem unbearable. At these times we may become anxious, feel depressed, inhibited or disconnected from the positive beliefs that we have maintained about ourselves. Our bodies may react in ways that we do not understand as the body-mind connection is complex and we often need help to understand that connection.

I see the interpersonal interaction in psychotherapy as a journey of discovery requiring trust, sensitivity, time and patience. It is a delicate symphony of interpersonal interaction that can undue past hurts, and lead to healing. Helping others to find freedom in being their most authentic self or selves, to learn how to laugh and play again in a sometimes cruel and unpredictable world is what I would call my true passion!

Areas of Specialization: Depression, Anxiety, Dissociative Disorders, Grief and Trauma


Theoretical Orientation: Psychodynamic with an integration of Cognitive Behavioral Techniques

Modalities: Individual, Consultation with Family Members or Partners when Requested

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Out of Network

Fee Range for Self-Pay: $125-$250 Sliding Scale? No
Nicole Van Hessen, LCSW

20 Nassau St, Suite 311
Princeton, NJ 08542
609-521-8218

Race and/or Ethnicity: Caucasian
Gender Identity: Female

Biography:

I am a licensed clinician social worker specializing in depression, anxiety, difficulties adjusting to life transitions, and trauma. I have experience working with young adults, adults, and couples. I also have a great deal of experience working with clients struggling with addictive behaviors and eating disorders. I am trained in Dialectical Behavioral Therapy and use methods including Cognitive Behavioral Therapy, skills focused, and mindfulness based practices in sessions. I believe in a collaborative approach, between the client and the therapist, during the therapeutic process. I hope to provide a safe and non-judgmental environment where we can identify and achieve your goals.

Modalities: Individual, Couples Counseling, Family

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Out of Network

Fee Range for Self-Pay: $145 Sliding Scale? Yes
Jennifer Waldron, Psy.D.

20 Nassau Street, Office 100-B
Princeton, NJ 08542
609-356-6100
http://www.itcprinceton.com

Biography:
From an early age, we all learn ways to cope with stress, change, and new relationships. Sometimes, familiar coping strategies, which may have served you well in the past, are no longer effective as life inevitably changes. You may feel "stuck" in these moments and at a loss for how to move forward. I work to provide a safe therapy space to explore feelings of sadness, worry, and uncertainty. Together, we can develop new coping strategies and create a plan for positive change that feels meaningful to you.

My practice focuses on working with older adolescents, adults, and couples. I specialize in cognitive behavioral therapy and systems theory. More specifically, I help clients to identify and change negative patterns of thought and behavior and to develop more positive and satisfying relationships with others. I also introduce a variety of relaxation techniques in therapy to offer more effective tools for managing life stress. Through this process, clients often find that they ultimately feel more self confident and better equipped to respond to life challenges and emotional distress in a healthy and effective manner.

Therapy is a personal experience that should be tailored to your needs. My goal is for you to be able to apply the insight and skills that you have developed in therapy to your daily life and to experience a greater sense of happiness and overall satisfaction as a result.

Areas of Specialization: Anxiety, Depression, and Couples therapy

Training/Certification: Rewire the Anxious Brain: Certificate Course in Applied Neuroscience for Treating Anxiety, Panic, and Worry; Internal Family Systems Therapy (IFS): A Revolutionary and Transformative Treatment for Healing of PTSD, Anxiety, Depression, and More; Bringing Home Baby Educator Training; Gottman Method Couples Therapy Level 1 Clinical Training

Theoretical Orientation: Cognitive Behavioral Therapy

Modalities: Individual, Couples Counseling, Family

Language(s) Other than English: Spanish

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Blue Cross/Blue Shield (Horizon), Blue Cross/Blue Shield (Other), Out of Network

Fee Range for Self-Pay: 175 Sliding Scale? No
Biography:

Emotional and mental health is essential to our individual well-being, but requires regular tune-ups. Our daily experiences and relationships contribute to our capacity to incorporate healthy coping strategies. People often go through life thinking and acting in ways that don't align with their own best interests and sometimes need assistance in being the best advocate for themselves. "Mental illness" is stigmatized, but just like any physical illness or disease needs treatment, so does mental illness.

Our goal in psychotherapy is to assist each individual to develop strong coping strategies that will influence all aspects of his/her life. Utilizing a variety of psychotherapy modalities drawn from strengths-based, person-centered, and solution-focused perspectives, we are able to assist committed clients in relief of distressing symptoms. Our work with couples focus on developing greater intimacy, overcoming poor communication habits, and working through current impasses. We combine sound clinical training with respect, empathy, and relevance to establish a trusting and productive therapeutic relationship.

Areas of Specialization: Grief/Loss, Trauma, Infertility, Life Transitions, Family/Relationship Issues, Cultural and Identity Concerns

Training/Certification: Doctorate in Clinical Social Work, NASW Clinical Supervisor, Trauma Focused-Cognitive Behavioral Therapy, Psychological First Aid

Theoretical Orientation: I am an eclectic therapist, but pull from Trauma-informed, Psychodynamic, Attachment, Grief, CBT, Person-Centered, and Christian modalities to appropriately tailor clinical services.

Modalities: Individual, Couples Counseling, Family

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Cigna, Out of Network

Fee Range for Self-Pay: $185  Sliding Scale? Yes
Christopher Wei, MS, LPC

Pronouns: He/ Him

9 Charlton Street
Princeton, NJ 8540
917-756-1996

Race and/or Ethnicity: biracial (Asian & Caucasian)

Gender Identity: Male   Sexual Orientation: Straight

Biography:

My practice focuses on helping adolescents and adults who are struggling to overcome anxiety, depression, and adjustment disorders.

My approach is a modern integration of psychodynamic and existential psychotherapy that’s greatly informed by both current neurobiological research and Buddhist psychology.

Through this integration, I seek to help my clients understand their past, shed the burdens of self-limiting beliefs and emotional turmoil, and develop more peaceful and integrated relationships with themselves and the important people in their lives.

I also focus on couples who are struggling to resolve differences and achieve greater harmony and intimacy. Often, differing parenting styles contribute to disconnects within a couple, particularly when parenting children with emotional, behavioral or developmental challenges and differences. I work with such couples to create a more unified parenting structure and to strike the important balance of familial obligation and self-care.

Areas of Specialization: Anxiety/ Depression/ Adjustment/ Relationship issues

Training/Certification: NCC (National Board Certified Counselor), LPC

Theoretical Orientation: Psychodynamic/ Existential

Modalities: Individual, Couples Counseling

Language(s) Other than English:

Insurance Accepted: Princeton Aetna Student Health Plan (SHP)

Fee Range for Self-Pay: Sliding Scale? Maybe
Molly Weigel, PhD, LCSW

Pronouns: She, Her, Hers

168 Franklin Corner Road, Suite 220
Lawrenceville, NJ 08648
(609) 333-6946
www.mweigeltherapy.com

Biography:
I'm glad that you've found your way here. Like all of us, you want to feel more alive and fulfilled. Together we can figure out how you are getting stuck, experiment with new choices, and support you to heal and create a vibrant life. I am an LCSW providing experientially-based therapy to adults and adolescents with issues including trauma, stress, anxiety, grief, loss, relationship problems, and low self-esteem. I work with you as a whole person, respectfully and nonjudgmentally. I want to understand where you are coming from, including how your culture shapes who you are.

Together we build a relationship of trust within which you can feel safe to explore, experiment, heal, and rediscover your own strengths. I have an engaged and empathic style and like to focus on the present moment as a source of experiential learning and change. Body, mind, and spirit are all involved in the process.

Areas of Specialization:

Training/Certification: I am a certified Gestalt therapist who is also trained in EMDR, Mindfulness, and Trauma-Focused CBT. I flexibly use a combination of approaches to meet you where you are and meet your needs.

Theoretical Orientation: Experiential, psychodynamic, trauma-focused, somatic

Modalities: Individual, Group

Language(s) Other than English: Spanish

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Out of Network

Fee Range for Self-Pay: $150-180 Sliding Scale? No
Norbert Wetzel, Ph.D.

Pronouns: he/him/his
Princeton Family Institute
166 Bunn Drive, # 105
Princeton, NJ 08540
609-921-2551 x 2
www.princetonfamily.com

Race and/or Ethnicity: White / European / German
Gender Identity: Male Sexual Orientation: Heterosexual

Biography:

My practice philosophy is seeing individuals, couples, families as embedded in relationship networks that are part of larger socio-economic, racial/cultural, and gender-related contexts. Psychotherapy that is aware of somebody's relationships and contexts is always already justice- and history-oriented including perceiving our connectedness to our Earthly home. Assisting in the healing process of a person's traumata involves the crucial Others, needs the courage to remember, to restore justice, to support compassionate communities, and to connect with the Earth. Even people with psychiatric diagnoses can heal in that process. There is always hope.

Areas of Specialization: Working with relationships - Reconstituting couples and families - Reconnecting with strangers -

Training/Certification: I am a licensed psychologist and a licensed marriage and family therapist. I taught family systems therapy nationally and internationally.

Theoretical Orientation: Relational - Contextual - Gender-oriented - restoring Justice - remembering History

Modalities: Individual, Couples Counseling, Family
Language(s) Other than English: German
Insurance Accepted: Out of Network
Fee Range for Self-Pay: Mutual Agreement Sliding Scale? Maybe
Lienna Wilson, Psy.D.

Pronouns: she/her
9 Mercer St, 2nd floor
Princeton, NJ 08540
609-669-0289
https://driennawilson.com/

Race and/or Ethnicity: White
Gender Identity: Female   Sexual Orientation: Straight

Biography:

I am a clinical psychologist and provide evidence-based treatment for problems including anxiety (and related disorders, such as Obsessive-Compulsive Disorder and hair pulling), depression and many other conditions, such as trauma and grief, substance abuse, adjustment difficulties or problems in interpersonal relationships.

While I work with adults of all ages, I specialize in working with young adults (ages 18-28) and have worked in several college counseling centers, including Princeton University, where I completed my post-doctoral residency.

Taking a holistic approach, I make sure that we focus not only on the symptoms, but on your overall wellbeing. I create a safe and warm environment, where we work as a team to help you live a meaningful life. I offer a complimentary 15 minute consultation (phone or video) to help answer any questions that you may have, and to assess whether I can address you concerns. I look forward to hearing from you!

Areas of Specialization: Anxiety and related disorders (e.g., social anxiety, OCD, perfectionism, panic), skin picking and hair pulling, depression

Training/Certification: Doctor of Psychology from La Salle University, Post-doctoral fellowship at Princeton University Counseling Center

Theoretical Orientation: Integrative (combination of Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, Psychodynamic and some other approaches).

Modalities: Individual

Language(s) Other than English: Russian

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Out of Network

Fee Range for Self-Pay: $170-190   Sliding Scale? Yes
Biography:

I tailor my therapeutic approach to specifically address the concerns of students by being present focused. I help students manage academic stress, relationship issues, how the past impacts the present to maximize success.

I specialize in helping students understand their reactions to stress that frequently leads to depression and anxiety, or addictive behavior.

College presents many challenges, including coping with social and sexual relationships and balancing academic demands. I have experience with undergraduates, as well as graduate students, including international students.

I look forward to the opportunity to help students navigate this very important time in the lives.

Areas of Specialization: Anxiety, Depression, Addiction, Relationships, Marital issues, Obsessive behavior, Procrastination and avoidance, Time Management, First Generation College Students.

Training/Certification: Certificate in Psychoanalysis, American Institute for Psychoanalysis, of the Karen Horney Center.

Theoretical Orientation: Eclectic, I combine CBT with psychodynamic approaches.

Modalities: Individual, Couples Counseling, Family

Insurance Accepted: Princeton Aetna Student Health Plan (SHP)

Fee Range for Self-Pay: Sliding Scale? Maybe
Wendy (Miriam) Wright, LCSW, Psychoanalyst

Pronouns: she/her
263 Mt. Lucas Rd
Princeton, NJ 08540
609-683-5560

Race and/or Ethnicity: French, Scottish, Welch (caucasian)
Gender Identity: Female Sexual Orientation: Heterosexual

Biography:
In life we face challenging times.
Talk therapy is healing and is an opportunity to grow and become more self aware. Understanding oneself is transformative and a new awareness of life and love can occur.

I specialize in adolescents and college students. Many issues occur, such as sexual identity, relationship conflicts, drugs and alcohol as well as stress from academic pressures.

Once you feel we are a good fit, the work begins. I worked in a residential treatment center assisting adolescents recover from traumatic experiences using traditional talk therapy, art therapy and meditation.

I am a trained as a clinical social worker and psychoanalyst. I use dreams as a vehicle to understanding deeper issues. Having lived abroad for sixteen years, I am aware of cultural diversity issues. I believe in a humanistic approach.

Areas of Specialization: Depression, Anxiety, Diversity, Gender Issues, Mood disorders, Bipolar Disorder
Training/Certification: Licensed Clinical Social Worker, Psychoanalyst
Theoretical Orientation: Psychodynamic, Psychoanalytic, Mindfulness
Modalities: Individual, Couples Counseling
Language(s) Other than English: Italian (moderate)
Insurance Accepted: Princeton Aetna Student Health Plan (SHP)
Fee Range for Self-Pay: $180-$225 Sliding Scale? Yes
Sarah Yang Mumma, MSSW, LCSW

Pronouns: she/her/hers
16 Vandeventer Ave, 1st fl.
Princeton, NJ 08542
(267) 831-3231

Race and/or Ethnicity: Mixed-race Asian (Taiwanese/White)
Gender Identity: Cisgender female Sexual Orientation: Straight

Biography:

In therapy, I strive to create space where clients may explore their inner landscapes and make sense of themselves in their relationships and larger social contexts. I believe that most people have parts of themselves that are affirmed and other parts that have gone underground perhaps as a result of relational injury, lack of environmental mirroring, or trauma. I seek to develop a supportive relationship where clients can begin to see the unseen and speak the unspeakable and, with self compassion and courage, work to integrate those parts and reduce suffering and experience deeper connection and meaning.

That describes, in part, the process of exploratory therapy but what is a session actually like? We talk. People share their stories maybe the latest relationship entanglement, feeling burdened with perfectionism, dissecting a racial microaggression that happened in class, or a painful memory from elementary school. I’m curious about nuance and felt experience and I reflect and ask questions to help deepen understanding. I work through psychodynamic, intersectional, and multicultural lenses. Also, I am trained in EMDR, an evidence based trauma intervention, and integrate its techniques into therapy as appropriate. I have worked extensively with undergraduate and graduate students both domestically and internationally. And, I have experience working with a range of presenting concerns including depression, anxiety, trauma, complex identity, immigration, and loss. I’ve been described as kind, patient, inquisitive, and discerning.

Prior to moving to Princeton in 2015, I lived in China for five years during which I worked as a therapist at Community Center Shanghai and NYU Shanghai. I am originally from Taiwan and immigrated to the US as a child. My biracial and bicultural heritage along with my immigrant and expatriate experiences have created a particular interest in working with international students, immigrants, people who identify as mixed race, and students either preparing for or returning from studying abroad.

Areas of Specialization: Depression, Anxiety, Multiracial/Biracial/Mixed identities, LGBTQ, International students, Spirituality, Transitions, EMDR
**Training/Certification:** PhD Candidate - Smith College School for Social Work  
MSSW - Columbia University  
Psychodynamic Psychotherapy 3 year training - Psychoanalytic Center of Philadelphia  
EMDR trained and working towards certification  
**Theoretical Orientation:** Psychodynamic, Relational, Multicultural  
**Modalities:** Individual  
**Language(s) Other than English:** Conversant in Mandarin Chinese  
**Insurance Accepted:** Princeton Aetna Student Health Plan (SHP)  
**Fee Range for Self-Pay:** $160 - $200  
**Sliding Scale?** Yes
The Center for Emotional Health of Greater Philadelphia

Pronouns: she/her/he/him/they/them

601 Ewing Street, Suite C-2
Princeton, NJ 08540
856-220-9672

http://thecenterforemotionalhealth.com

Race and/or Ethnicity: Varied

Gender Identity: Varied Sexual Orientation: Varied

Biography:

CEH is a premier outpatient practice with locations in Cherry Hill and Princeton, NJ, specialized in the evidence-based psychological treatment of anxiety disorders, obsessive compulsive and related disorders, and neurodevelopmental disorders, as well as psychoeducational assessment and consultation. With sensitivity and attention to the individual needs of the client, CEH clinicians aim to deliver state-of-the-art assessment and treatment in an accessible and collaborative manner so that our clients are able to reduce their suffering and learn to live rich, full, meaningful lives.

Areas of Specialization: anxiety disorders, obsessive compulsive and related disorders, neurodevelopmental disorders (including, tic disorders, ADHD, and learning disorders), psychoeducational assessment and consultation

Training/Certification: All CEH clinicians hold doctoral degrees in clinical and/or school psychology and have advanced training in cognitive behavioral therapy as well as advanced training and supervision in the treatment of our areas of speciality.

Theoretical Orientation: Cognitive Behavioral Therapy

Modalities: Individual, Group, Couples Counseling, Family, Caregiver with baby/child

Language(s) Other than English: Spanish, Russian

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Aetna, Out of Network

Fee Range for Self-Pay: $128.25 to $225 Sliding Scale? Yes
Delph Summit Behavioral Health Group

4065 Quakerbridge Road
West Windsor, NJ 08550
808-683-6337
https://delphihealthgroup.com

Biography:

It is our mission to guide individuals, families, and communities through comprehensive quality addiction and mental health treatment. Our trained professionals are ready to help you start healing today. We’ll walk you through the entire process from the first phone call to admission into one of our facilities.

Areas of Specialization: Addiction, Dual Diagnosis, Gambling Addiction, Family Counseling, Medication Assisted Treatment, Special Groups (Anxiety, Depression, LGBTQ Friendly, Withdrawal and Detox Treatment

Theoretical Orientation: Eclectic

Modalities: Group, Family, Detox

Insurance Accepted: Out of Network

Fee Range for Self-Pay: Sliding Scale? Yes
Princeton Center for MindBody Healing

*Pronouns:* varies by practitioner

245 C Nassau Street
Princeton, NJ 08540
609-375-8727
www.tlpcounseling.com

*Race and/or Ethnicity:* varies by practitioner

*Gender Identity:* varies by practitioner  
*Sexual Orientation:* varies by practitioner

**Biography:**

The Princeton Center for MindBody Healing hosts a range of healing techniques and providers. Individual therapy, group - both therapeutic and support, family and couple therapy as well as pop-up and ongoing yoga series, meditation workshops, therapeutic massage practitioners, art therapy workshops and nutritional counseling are some of our 2020 spring offerings. Check the website for current workshops, ongoing series and to read about each of our clinicians.

Our goal is to support you in your healing journey. Each person is unique: therefore, the path to a healthy, grounded, purpose-filled and joy-filled life must be equally unique. We hope to partner and create that path with you.

**Areas of Specialization:** Sexuality, Trauma, Post-Traumatic Growth, Anxiety, Depression, Substance Dependence

**Theoretical Orientation:** varies by practitioner however all have a Mind and Body lens

**Modalities:** Individual, Group, Couples Counseling, Family, Caregiver with baby/child

**Insurance Accepted:** Princeton Aetna Student Health Plan (SHP), Out of Network

**Fee Range for Self-Pay:** $150-$250  
**Sliding Scale?** Yes
Biography:

Village Counseling Services is a professional group of independently licensed psychologists, psychotherapists, and board certified psychiatrists, who have been providing client-centered, evidence-based treatment to the greater Lawrenceville/Princeton community since 1996.

In a private, warm, supportive space we work with children, adolescents and adults seeking treatment for a wide range of mental health concerns. We provide individual, family, and group psychotherapy, medication management and two highly effective structured treatment programs - Dialectical Behavior Therapy (DBT) and Mindfulness-Based Cognitive Therapy (MBCT).

Our purpose is to empower our clients to gain/regain a positive sense of self, with the self-confidence, awareness and skills to reach meaningful goals. Building on authentic therapeutic relationships, we believe in our clients’ capacity for resilience, openness, joy, productivity and fulfillment.

Modalities: Individual, Group, Couples Counseling, Family, Caregiver with baby/child, Psychiatry, psychological testing and medication management

Insurance Accepted: Princeton Aetna Student Health Plan (SHP), Aetna, Cigna, Blue Cross/Blue Shield (Horizon), Blue Cross/Blue Shield (Other), United Health Care, Tri Care, Out of Network, Medicare

Fee Range for Self-Pay: $80-$180  Sliding Scale? Yes