

PASTORAL SELF-CARE AND RESOURCES FOR CONGREGATIONAL PASTORAL CARE

Mental Health Resources and Professionals

Section I: Groups and Organizations

Rochester Mental Health Association Guide

The Rochester Mental Health Association publishes an on-line guide called *Finding Your Way: A Guide to Mental Health Services in Monroe and Livingston Counties*. You may search the guide or download it from www.mharochester.org.

G.R.A.P.E.

The Greater Rochester Area Partnership for the Elderly (G.R.A.P.E.) is a not-for-profit organization.



Its membership consists of professionals, volunteers, students, and other interested persons who serve the older adult population in the Greater Rochester area and aspire to improve the quality of services for the elderly. G.R.A.P.E. accomplishes this by sharing expertise, knowledge and skills, and by acting as advocates for the elderly in ways deemed appropriate by the membership. G.R.A.P.E. seeks to foster a sense of camaraderie among professionals; provide high-quality education and training; influence social and public policies, and facilitate debate about emerging issues. They have an extensive Guide to Senior Services in Monroe County. The Guide covers adult day care, elder abuse, emergency services, community health services, legal services, respite care and many other subjects. For information, go to www.grapelder.org.

NY Connects

NY Connects Livingston County offers free and confidential information and referral on long-term care, hospice facilities, elder abuse, and other health care needs. Visit

www.NYConnectsLivingstonCounty.org to search for local services and resources. Click on the services you are interested in, and you will be provided with the matching service providers that relate to those needs. The addresses, phone numbers, fax numbers, and Web sites for each matching provider are included. Available 24 hours/day, 7 days/week. Supported by local organizations, including the Livingston County Office for the Aging, Livingston County Department of Social Services, Livingston County Department of Health, and Genesee Valley Health Partnership.



Section II: Individual Professionals

The following list of psychiatrists, psychotherapists, spiritual directors and others was assembled from recommendations from trusted specialists in the fields. Particular areas of expertise and skills are listed to help in the selection of a professional. Contact information and definitions of credentials, therapies, treatments and conditions may be found following the listing by specialty. Feedback on your experience with any of these professionals is appreciated. Please respond to the chairperson of the Clergy Care and Development Committee for feedback, corrections to the list, or additions to the list you would suggest.

LIST BY SPECIALTY

Presbytery of Genesee Valley Members

MEDIATION

Name	Location	Additional Information
Rev. Jack Heister, MDiv, PhD	Mendon	Clergy, Couples

PSYCHOTHERAPY

Name	Location	Additional Information
Rev. Jamie Kenyon, MDiv, MS LMHC	Rochester 14608	Clergy, Individual and Family Counseling
Rev. Kathryn Stimson, MDiv, LMFT	Rochester 14618	Clergy, Individual and Family Counseling
Rev. Thomas E. Taylor, STM, D.Min.LMHC, Fellow AAPC	East Avon 14414	Clergy, Individual, Couple and Family Counseling
Rev. Cy Varland, M.A., LMHC, Fellow AAPC	Livonia 14487	Clergy, Individual, Couple and Family Counseling

SPIRITUAL DIRECTION

Name	Location	Additional Information
Rev. Stephanie Sauve, DMin	Rochester 14620	Clergy

Local Approved Professionals

ELDER CARE

Name	Location	Additional Information
Marsha Raines, LMSWC, ASWCM	Rochester 14618	Assessment, management
Sharon Vincent, LCSW, MPA	Rochester 14618	Assessment, management

MEDIATION

Name	Location	Additional Information
BJ Mann, Mediator	Rochester 14618	Divorce and separation, prenuptials; serves Rochester, Newark, Geneva and Canandaigua

PSYCHIATRY

Name	Location	Additional Information
Saba Abaci, MD	Rochester 14618	Good with kids
Sarah Atkinson, MD	Rochester 14618	Excellent in BPD
Brenda Bremer, MD	Pittsford	Children
Ann Burbank, NP	Pittsford	At Easter Seal
Mahipal Chaudhri, MD	Rochester 14618	CBT, TMS, adults
Janet Feigelson, MD	Honeoye Falls	Adults, excellent
Alexandra Fotiou, MD	Rochester 14618	Adults; not warm and fuzzy, but knows what she is doing; takes new people; geriatrics
Ann Griep, MD	Fairport	DBT, smart and funny
Khalid Hubeishy, MD	Fairport	Works with Nurse Practitioners-means he can handle many clients and is able to team with other therapists; adults
Clifford Jacobson, MD	Rochester 14620	Takes no insurance, but has an urgent care practice and will see you within 24 hours; smart and astute; high expectations of client's participation in care
Timothy Lawrence, MD	Rochester 14618	Adults, excellent in BPD
Izhar Mustafa, MD	Rochester 14626	Good with men
George Nasra, MD	Rochester 14626	Turkish accent, very gentle, very smart; adults
Lisa Rosica, DO	Pittsford	Adolescents and children
Lisa Slimmer, MD	Pittsford	Adults, good with BPD
Mario Testanik, MD	Pittsford	Adolescents
James Wallace, MD	Pittsford	Sweet, very good with kids

PSYCHOTHERAPY

Group*	Location	Additional Information
Pastoral Counseling/Family Therapy Group (473-2671) (www.PCFTGroup.com)	Brighton	Clergy, Individual, Couple and Family Counseling
*Mary-Therese B. Dombeck, Ph.D. D.Min., LMFT, LMHC, APRN Diplomate AAPC		Clergy, Clinical Supervision, Consultation to Pastors, Counselors and Therapists
*Lynn McDonald, LMHC		Individual, Family and Youth Counseling, PTSD
*Lynn Aqurfondatta, LMHC-L, D.Min.		Individual and Family Counseling, Work with Congregations
*Ann Graham, LMHC-L		Individual and Family Counseling
*Sue Estridge, LMHC		Individual and Family Counseling, PTSD

**COUNSELORS WITHIN GROUP*

Name	Location	Additional Information
Sigrid Adler, LCSW	Rochester 14607	Couples
Caroline Atti, LMHC	Rochester 14620 Rochester 14618	Assessment
Frank Barone, LCSW-R, BCD	Rochester 14618	Gay men

Helen Bartos, PhD	Rochester 14618	Adults
Steven Benjamin, LCSW	Rochester 14607	Adolescents
Ann Betz, LCSW	Rochester 14620	Adults
Catherine Buckley, LCSW-R, ACSW	Honeoye Falls	Children; parents; EMDR; solid, good with trauma
Vicki Jo Campanaro-Cummings, MEd, NCC	Rochester 14610	Teens
Mary Collins, LCSW	Rochester 14618	Assessment
Charles Cote, LCSW	Rochester 14625	Children
Sheila Cummings, PhD	Rochester 14607	Couples, GLBT
Kevin Dailor, LCSW	Rochester 14626	Mindfulness, children, autism
Naomi Davis, LCSW	Rochester 14604	People of color
Tansy Deutsch, PhD	Rochester 14609	Adults
John Durland, PhD	Rochester 14623	EMDR, families
Julie Eveleigh, LCSW-R	Bloomfield	Adults
Laura Fleming, LCSW	Rochester 14618	Young adults
Ruth Friga, LCSW-R, ACSW	Rochester 14618	EMDR
Joseph Gentile, LCSR	Rochester 14626	Pornography addiction
Mark Grey, PhD	Rochester 14618	Couples
Patricia Halligan, MD	Rochester 14586	Chemical dependency
Ann Harnish, LCSW	Rochester 14615	Adults
Myrna Hill, LMHC	Pittsford	Adults
Gary Horwitz, MD	Rochester 14618	Chemical dependency
Martha Howden, LCSW	Rochester 14623	DBT, gay women, substance abuse
Suzanne Ivancic, LCSW	Honeoye Falls	Assessment, children
Beth Jelsma, PhD	Rochester 14618	Young adults
Kathleen Kane, LMHC	Rochester 14618	Assessment
Dorothy Kinzel, LMHC	Rochester 14611	Assessment
Rev. John Karl, D.Min.LMHC, Fellow AAPC	Rochester 14623	Clergy, Individual, Couple and Family Counseling
Martin Lineham, PhD	Rochester 14618	Couples, ObjRel
Jennifer Lukomski, PhD	Fairport	
Judith Lundquist	Rochester	
Betsy MacKinnon, LCSW-R	Rochester 14619	Adolescents
Laurie Majors, LCSW	Rochester 14626	Addiction treatment
Kathleen Martin, LCSW-R	Rochester 14618	Eating Disorders, national level teacher of EMDR
Joanne McDermott, LCSW, ACSW	Rochester 14618	Developmental issues, EMDR, young adults
William McGough, LCSW	Honeoye Falls	Christian families
Robert Meadows, LCSW-R	Rochester 14607	Sexual addiction
Daniel Morris, LCSW-R	Rochester 14607	Sexual addiction
Gerry Mozenter, LCSW-R, ACSW	Penfield	CBT, families, PTSD
Eric Nesbitt, PhD, LCSW-R	Rochester 14623	Couples, people of color, teens
Catherine Newton, LCSW-R	Brockport	Born again, adolescents
Nancy Prowell, CSW, CASAC, ACSW	Honeoye	DBT, adults
Felicia Reed, LMSW, LMHC	Rochester 14606	Assessment, addiction treatment

Nanette Robinson-Vine, MEd, CSW	Rochester 14607	
Gregory Roeder, PhD	Rochester 14623	DBT, marriage, couples
Daniel Rosen, LCSW-R	Rochester 14615	EMDR, trauma, CBT
Kate Schroeder-Bruce, RN, MS	Rochester 14607	Adults
David Schwab, CSW, LCSW	Rochester 14618	Couples
Marianna Schwab, ACSW, LCSW-R	Rochester 14618	Assessment, EMDR
Elaine Shulman, CSW, MSW	Rochester 14618	
Barbara Skornia, LCSW-R	Rochester 14610	Adolescents; GLBT; former nurse-understands substance abuse
Geri Stanton, LCSW-R	Rochester 14607	Couples, DBT, deaf, emotion-focused
Christine Steerman, PhD	Rochester 14618	Children
Amy Summer, LCSW	Rochester 14610	Adolescents, DBT, EMDR
Mary Tantillo, PhD	Rochester 14642	Eating disorders-no one knows better about this disorder than Mary. Also, contact her to get a referral to another qualified person.
Martha Tollers, LCSW	Rochester 14607	Assessment
J. David Useda, PhD	Fairport	DBT, PTSD, Adults, Spanish/English
Nancy Winans, LCSW	Honeoye Falls	Female trauma
Kathleen Wright-Knothe, PhD	Fairport	CBT, DBT, Adults, very bright and to the point

SPIRITUAL DIRECTION

Name	Location	Additional Information
Anne Alderman, SSJ	Dundee	At Cobblestone Springs
The Rev. Canon Albert Keeney	Geneseo	
The Rev. Canon Barbara J. Price	Eggertsville	
Amy Stratton-Smith, MTS	Rochester 14618	Degree in spiritual direction from San Francisco Theological Seminary; works with groups as well as individuals; member of Third Church
Mary B. Wehner, DMin	Rochester 14608	

CONTACT INFORMATION

Saba Abaci, MD
980 Westfall Road
Rochester, NY 14618
585-271-0444

Psychiatry/Children

Sigrid Adler, LCSW
16 Goodman Street North
Rochester, NY 14607
585-271-7760

Psychotherapy/Couples

Anne Alderman, SSJ
Cobblestone Springs
4306 Lakemont-Himrod Road
Dundee, NY 14837
607-243-8212

Spiritual Direction

Sarah Atkinson, MD
Finger Lakes Clinical Research
885 Winton Road South
Rochester, NY 14618
585-241-9620

Psychiatry/BPD

Caroline Atti, LMHC
1000 Elmwood Avenue
Rochester, NY 14620
585-451-9607 *and*
95 Allens Creek Road, 1-311
Rochester, NY 14618
585-461-9607

Psychotherapy/Adults

Frank Barone, LCSWR, BCD
130 Allens Creek Road, Suite 100
Rochester, NY 14618
585-271-0350

Psychotherapy/ Adults, Gay Men

Helen Bartos, PhD
160 Allens Creek Road
Rochester, NY 14618
585-473-3400

Psychotherapy/Adults

Steven Benjamin, LCSW
325 Park Avenue
Rochester, NY 14607
585-271-7575

Psychotherapy/Adolescents

Ann Betz, LCSW
1577 South Avenue
Rochester, NY 14620
585-241-3810

Psychotherapy/Adults

Brenda Bremer, MD
10 Office Parkway
Pittsford, NY 14534
585-381-6270

Psychiatry/Children

Catherine Buckley, LCSW-R, ACSW
53 Main Street West
Honeoye Falls, NY 14472
585-624-7273

Psychotherapy/Children and Parents

Ann Burbank, NP
32 Park View Drive
Pittsford, NY 14534
585-387-0197

Psychiatry

Vicki Jo Campanaro-Cummings, MSED, NCC
595 Blossom Road
Rochester, NY 14610
585-325-4090

Psychotherapy/Teens

Mahipal Chaudhri, MD
890 Westfall Road, Suite B
Rochester, NY 14618
585-442-6960

Psychiatry/CBT, TMS

Mary Collins, LCSW
110 Allens Creek Road
Rochester, NY 14618
585-877-0699

Psychotherapy/Adults

Charles Cote, LCSW
40 Colonial Village Road
Rochester, NY 14625
585-383-8338

Psychotherapy/Children

Sheila Cummings, PhD
247 Park Avenue
Rochester, NY 14607
585-244-0613

Psychotherapy/GLBT, Couples

Kevin Dailor, LCSW
2080 Ridge Road, Suite 3
Rochester, NY 14626
585-720-1480

Psychotherapy/Mindfulness, Autism, Children, Adults

Naomi Davis, LCSW
14 Franklin Street
Rochester, NY 14604
585-402-7938

Psychotherapy/Adults, People of Color

Tansy Deutsch, PhD
36 Westchester Avenue
Rochester, NY 14609
585-288-8266

Psychotherapy/Adults, EMDR

John Durland, PhD
100 White Spruce Boulevard
Rochester, NY 14623
585-272-4610

Psychotherapy/Families, EMDR

Julie Eveleigh, LCSW-R
8972 Baker Road
Bloomfield, NY 14469
585-624-5380

Psychotherapy/Adults

Janet L. Feigelson, MD
234 Parrish Road
Honeoye Falls, NY 14472
585-624-9310

Psychiatry/Adults

Laura Fleming, LCSW
1541 Monroe Avenue
Rochester, NY 14618
585-244-3908

Psychotherapy/Young Adults

Alexandra Fotiou, MD
2273 S. Clinton Avenue
Rochester, NY 14618
585-473-8950

Psychiatry/Geriatrics

Ruth Friga, LCSWR, ACSW
2000 Winton Avenue South, Suite 4-100
Rochester, NY 14618
585-271-8840

Psychotherapy/EMDR

Joseph Gentile, LCSR, LCSW
36 N. Winthrop Street
Rochester, NY 14626
585-454-0431

Psychotherapy/Pornography Addiction

Mark Grey, PhD
980 Westfall Road
Rochester, NY 14618
585-292-6630

Psychotherapy/Couples

Alexandra Griep, MD
650 Fairport Office Park
Fairport, NY
585-388-8030

Psychiatry/DBT

Patricia Halligan, MD
100 Linden Oaks Office Park, Suite 200
Rochester, NY 14586
585-586-1600

Psychotherapy/Chemical Dependency

Ann Harnish, LCSW
126 Belhurst Drive
Rochester, NY 14615
585-301-8971

Psychotherapy/Adults

Rev. Jack Heister, MDiv, PhD
8 Governors Circle
Mendon, NY 14506
585-624-7635

Presbytery/Mediation

Myrna Hill, LMHC
1151 Pittsford Victor Road
Pittsford, NY 14534
585-586-6390

Psychotherapy/Adults

Gary Horwitz, MD
919 Westfall Road
Rochester, NY 14618
585-473-5705

Psychotherapy/Chemical Dependency

Martha Howden, LCSW
496 White Spruce Boulevard
Rochester, NY 14623
585-272-1760

***Psychotherapy/Substance Abuse, DBT,
Gay Women***

Khalid Hubeishy, MD
1387 Fairport
660 Fairport Office Park
Fairport, NY 14450
585-388-8020

Psychiatry/Adults

Suzanne Ivancic, LCSW
53 W. Main Street
Honeoye Falls, NY 14472
585-624-1540

Psychotherapy/Children

Clifford Jacobson, MD
1655 Elmwood Avenue, Suite 227
Rochester, NY 14620
585-473-5110

Psychiatry

Beth Jelsma, PhD
920 S. Winton Road
Rochester, NY 14618
585-271-6380

Psychotherapy/Young Adults

Kathleen Kane, LMHT
1541 Monroe Avenue
Rochester, NY 14618
585-244-3908

Psychotherapy/Adults

Rev. John Karl, D.Min. LMHC, Fellow AAPC
2024 W. Henrietta Rd.
Rochester, NY 14623
585-272-7780

Psychotherapy, Clergy

Rev. Canon Albert Keeney
St. Michael's Episcopal Church
23 Main Street
Geneseo, NY 14454
585-243-1220

Spiritual Direction

Rev. Jamie Kenyon, MDiv, MS
301 Exchange Boulevard, Suite 201
Rochester, NY 14608
585-473-2671

Presbytery/Psychotherapy

Dorothy Kinzel, LMHC
835 W. Main Street
Rochester, NY 14611
585-368-6550

Psychotherapy

Timothy Lawrence, MD
2273 S. Clinton Avenue
Rochester, NY 14618
585-473-5140

Psychiatry

Martin Lineham, PhD
2257 Clinton Street South
Rochester, NY 14618
585-442-4010

Psychotherapy/Couples, ObjRel

Jennifer Lukomski, PhD
760 Perinton Hills Office Park
Fairport, NY 14450
585-223-5920

Psychotherapy

Judith Lundquist
232 Clinton Avenue North
Rochester, NY
585-232-1840

Psychotherapy

Betsy MacKinnon, LCSW-R
290 Aldine Street
Rochester, NY 14619
585-328-0648

Psychotherapy/Adolescents, Young Adults

Laurie Majors, LCSW
25 Circle Street, Suite 201
Rochester, NY 14626
585-250-0732

Psychotherapy/Addiction Treatment

BJ Mann, Mediator
206 Edgemoor Road
Rochester, NY 14618
585-256-0217

Divorce and Separation, Prenuptials

Serves Rochester, Newark, Geneva
and Canandaigua

Kathleen Martin, LCSW-R
4 Chelmsford Road
Rochester, NY 14618
585-271-3050

***Psychotherapy/EMDR, Eating Disorders,
Adults***

Joann McDermott, LCSW, ACSW
2000 Winton Road South, Suite 102
Rochester, NY 14618
585-241-3170

***Psychotherapy/EMDR, Developmental Issues,
Young Adults***

William McGough, LCSW
3 Episcopal Avenue
Honeoye Falls, NY 14472
585-621-1350

Psychotherapy/Christian Families, Adults

Robert Meadows, LCSW-R
25 Circle Street
Rochester, NY 14626
585-546-5180

Psychotherapy/Sexual Addiction

Daniel Morris, LCSW-R
399 Alexander Street
Rochester, NY 14607
585-546-5180

Psychotherapy/Sexual Addiction

Gerry Mozenter, LCSWR, ACSW
1794 Penfield Road
Penfield, NY 14526
585-201-8942

Psychotherapy/CBT, PTSD, Families

Izhar Mustafa, MD
2440 Ridgeway Avenue
Rochester, NY 14626
585-225-3720

Psychiatry

George S. Nasra, MD
2440 Ridgeway Avenue
Rochester, NY 14626
585-225-0620

Psychiatry

Eric Nesbitt, PhD
333 Metro Park, Suite M104
Rochester, NY 14623
585-272-7853

***Psychotherapy/Couples, Teens, Young Adults,
People of Color***

Catherine Newton, LCSWR
107 Lake Road North
Brockport, NY 14420
585-637-6740

Psychotherapy/Born Again, Adolescents

Rev. Canon Barbara J. Price
St. Peter's Episcopal Church
205 Longmeadow Road
Egbertsville, NY 14226-2905
716-832-2905

Spiritual Direction

Nancy Prowell, CSW, CASAC, ACSW
4545 Route 33
Honeoye, NY 14471
585-229-4926

Psychotherapy/DBT/Adults

Marsha Raines, LMSWC, ASWCM
2541 Monroe Avenue
Rochester, NY 14618
585-271-0040

Elder care/Consulting and Management

Felicia Reed, LMSW, LMHC
100 Pinewild Drive, Suite 2A
Rochester, NY 14606
585-368-6722

Psychotherapy/Addiction Treatment

Nanette Robinson-Vine, MSED, CSW
325 Park Avenue
Rochester, NY 14607
585-442-4030

Psychotherapy

Gregory Roeder, PhD
200 White Spruce Boulevard
Rochester, NY 14623
585-427-0270

Psychotherapy/Marriage, DBT, Couples

Daniel Rosen, LCSW-R
1401 Stone Road, Suite 300
Rochester, NY 14615
585-865-3584

Psychotherapy/EMDR, Trauma, CBT, Adults

Lisa Rosica, DO
10 Office Parkway
Pittsford, NY 14534
585-586-5840

Psychiatry/Adolescents and Children

Rev. Stephanie Sauvé, D.Min
Colgate Rochester Crozer Divinity School
1100 S. Goodman Street
Rochester, NY 14620
585-271-1320

Presbytery/Spiritual Direction

Kate Schroeder-Bruce, RN, MS
277 Alexander Street
Rochester, NY 14607
585-262-4800

Psychotherapy/Adults

David Schwab, LCSW
2000 S. Winton Road
Rochester, NY
585-241-3090

Psychotherapy/Couples

Marianna Schwab, LCSWR, ACSW
2000 Winton Road South
Rochester, NY 14618
585-241-3090

Psychotherapy/Adults, EMDR

Elaine S. Shulman, CSW, MSW
Mental Health Services, Social Services
130 Allens Creek Road
Rochester, NY 14618

Psychotherapy

Barbara Skornia, LCSWR
2290 East Avenue
Rochester, NY 14610
585-721-9156

Psychotherapy/Adolescents

Lisa Slimmer, MD, PhD
1 Lockwood
Pittsford, NY 14534
585-586-0240

Psychiatry/BPD

Geri Stanton, LCSW
46 Prince Street
Rochester, NY 14607
585-325-7180

***Psychotherapy/Deaf, DBT, Couples
(Emotion-focused)***

Christine Steerman, PhD
980 Westfall Road
Rochester, NY 14618
585-292-9720

Psychotherapy/Children

Rev. Kathryn Stimson, LMFT, MDiv
160 Buckland Avenue
Rochester, NY 14618
585-746-7746

Presbytery/Psychotherapy

Amy Stratton-Smith, MTS
134 Southern Parkway
Rochester, NY 14618
585-224-9051

Spiritual Direction

Amy Summer, LCSW
595 Blossom Road, Suite 315
Rochester, NY 14610
585-330-7917

Psychotherapy/Adolescents, EMDR, DBT

Mary Tantillo, PhD
URMC, 601 Elmwood Avenue
Rochester, NY 14642
585-275-1521

Psychotherapy/Eating Disorders

Rev. Thomas E. Taylor, STM, D.Min.,
LMHC, Fellow AAPC
Avon, 14414
585-226-8741

***Psychotherapy/Marriage & Family
& Individual, Addition Issues
Grief, Clergy, Clinical Supervision***

Mario Testanik, MD
40 Office Parkway
Pittsford, NY 14534
585-249-9930

Psychiatry/Adolescents

Martha Tollers, LCSW
55 Canterbury Road
Rochester, NY 14607
585-707-7217

Psychotherapy

J. David Useda, PhD
760 Perinton Hills Office Park
Fairport, NY 14450
585-223-5920

***Psychotherapy/Spanish-English, DBT, PTSD,
Adults***

Rev. Cy Varland, M.A., LMHC, Fellow AAPC
Livonia
585-993-0703

***Psychotherapy/ Clergy, Trauma,
Family/Church Systems
Journaling for the Spiritual Life***

Sharon Vincent, LCSW, MPA
250 Varinna Drive
Rochester, NY 14618
585-442-7399

Elder Care/Consulting and Management

James Wallace, MD
10 Office Parkway
Pittsford, NY 14534
585-249-6220

Psychiatry/Children

Mary B. Wehler, DMin
301 Exchange Boulevard
Rochester, NY 14608
585-546-2410

Spiritual Direction

Nancy Winans, LCSW
3 Episcopal Avenue
Honeoye Falls, NY 14472
585-624-1350

Psychotherapy/Female Trauma, Adults

Kathleen Wright-Knothe, PhD
760 Perinton Hills Office Park
Fairport, NY 14450
585-223-5920

Psychotherapy/DBT, CBT, Adults

DEFINITIONS OF CREDENTIALS, THERAPIES, TREATMENTS AND CONDITIONS

Credentials:

ACSW: Academy of Certified Social Workers license. Has a graduate academic degree and has completed two years of supervised clinical work experience and 20 hours of relevant continuing education.

BCD: The Board Certified Diplomate certification is granted to practitioners who demonstrate a high level of competency and experience in their field and have five years and 7,500 hours of post-graduate clinical practice (including 3,000 hours under supervision). BCD professional can be social works, counselors, psychologists, or other mental-health professionals.

CASAC: The CASAC (Certified or Credentialed Alcoholism and Substance Abuse Counselor) is intended for individuals who provide alcoholism and substance abuse counseling services in approved work settings.

CSW and CSW-R: Clinical Social Workers must have a master's or doctorate degree in social work, with an emphasis on clinical experience. They must undergo a supervised clinical internship and have at least two years of postgraduate supervised clinical social work employment. The "R" designation indicates that the practitioner can possibly receive third-party insurance reimbursement.

DO: Doctors of Osteopathic Medicine have the same medical school training and licensing requirements as MD's, with an emphasis on the neuromuskuloskeletal system. Some DO psychiatrists perform osteopathic techniques (OMT) in conjunction with prescribing medication and providing traditional therapy.

LCP: These psychologists have a doctoral degree from an accredited clinical psychology program that includes coursework in personality and psychopathology. They assess and help promote mental health individuals and groups through therapy, psychoanalysis, and other methods.

LCSW and LCSW-R: The Licensed Clinical Social Worker has a graduate academic degree, has had supervised clinical work experience, and has passed a national- or state-certified licensing exam. The "R" designation indicates that the practitioner can possibly receive third-party insurance reimbursement.

LMFT: The Licensed Marriage and Family Therapist has a graduate academic degree, clinical work experience, and has passed state-certified licensing exams. Along with a two- to three-year master's program with a practicum and internship, LMFT's are required to complete clinical training in individual or family therapy.

LMHC: The Licensed Mental Health Counselor has advanced training, a graduate academic degree, clinical work experience, and has completed a state-certified licensing examination. Counselors often treat people dealing with problems such as alcoholism, addiction, or eating disorders. Some specialize in marriage, family, or child counseling.

LMSWC: Licensed Master Social Worker

Therapies, Treatments, and Conditions

BPD: Bipolar disorder, also known as manic-depressive illness, is a brain disorder that causes unusual shifts in mood, energy, and ability to function. These are not the normal ups and downs; the symptoms of bipolar disorder are severe. They can result in damaged relationships, poor job or school performance, and even suicide.

CBT: Cognitive Behavior Therapy is a type of psychotherapeutic treatment that helps patients to understand the thoughts and feelings that influence behaviors. CBT is commonly used to treat a wide range of disorders, including phobias, addiction, depression and anxiety. Cognitive behavior therapy is generally short-term and focused on helping clients deal with a very specific problem. During the course of treatment, people learn how to identify and change destructive or disturbing thought patterns that have a negative influence on behavior.

DBT: Dialectical Behavior Therapy is a cognitive behavioral therapy, meaning it is a therapy that focuses on the role of cognition, e.g., thoughts and beliefs, and behaviors, e.g., actions, in the development and the treatment of BPD. DBT includes some changes to the traditional cognitive behavioral elements of therapy in order to help specifically reduce the symptoms of BPD.

EMDR: Eye Movement Desensitization and Reprocessing Therapy is a treatment designed to reduce psychological symptoms associated with traumatic events.

ObjRel: Object relations theory is an offshoot of psychoanalytic theory that emphasizes interpersonal relations, primarily in the family and especially between mother and child. One's interpretation of these early relationships, both conscious and unconscious, have an effect on later relationships with friends, spouses, and children. Object relations theorists are interested in inner images of the self and other and how they manifest themselves in interpersonal situations.

PTSD: Post-Traumatic Stress Disorder is an anxiety disorder that may develop after exposure to a terrifying event or ordeal in which severe physical harm occurred or was threatened. Traumatic events that may trigger PTSD include violent personal assaults, natural or unnatural disasters, accidents, or military combat.

TMS: Transcranial Magnetic Stimulation is an outpatient procedure in which a device is used to generate short pulses of magnetic fields in order to stimulate an area of the brain thought to be associated with depression. It is a non-invasive treatment that may be performed in a psychiatrist's office while the patient is awake. Initial treatment generally involves administering the therapy for about 35 minutes daily, five days a week, over the course of about four to six weeks.