

Susan McVey, LCSW-R Senior Associate, Clinical Supervisor of Adult Services, Director of Education

Education: Master's in Social Work from New York University. BA in Psychology from SUNY Oswego

Previous Experience: Susan has worked in outpatient mental health since the early 2000's. She has been an associate at Dr. Michele Winchester-Vega's since 2003. In that time, Susan has worked with diverse populations and a wide range of mental health diagnosis. Susan is also the Clinical Supervisor of Adult Services, providing clinical consultation to the clinicians on staff. She also serves as the Director of Education and coordinates with local school districts providing psychoeducational presentations for students and parents.

Areas of Focus: Susan strives to create a safe environment for all of her clients. She encourages clients to recognize and resolve maladaptive thinking patterns and behaviors in order to create more effective behaviors. Susan utilizes an eclectic approach in her therapy to include CBT, ACT, mindfulness, and Trauma informed care. Susan works with a variety of individuals dealing with a range of mental health issues including but not limited to anxiety, depression, trauma, bipolar, mood disorders, divorce, grief, self esteem, personality disorders and transitioning through life changes.