

Emily Schaffer bio

EDUCATION: Emily graduated with her Master's Degree in Social Work from SUNY Albany. Additionally, Emily holds a BA in Psychological Science from Vassar College. Emily has also completed special training in international psychology through the BU London Internship Program.

PREVIOUS EXPERIENCE: Emily has worked with a variety of clients during her training including adolescents and adults with Eating Disorders, OCD, Trauma, Neurodivergence, and Brain Injuries. She has trained at the National Eating Disorder Association, JFS (a non-profit agency supporting older adults), as well as an Intensive Outpatient Program for Eating Disorders. Emily has also published work in an academic journal, The International Journal of Psychology, exploring the psychological benefits of gratitude practices.

AREAS OF FOCUS: Emily aims to create a space for clients to feel supported and safe. She has specialized knowledge of Eating Disorders, OCD, Trauma, and neurodivergence. She uses a variety of clinical techniques including CBT, DBT, ERT, Mindfulness, and Narrative Therapy. She believes that every person deserves to feel heard and caters her treatment approach specifically for each client.