

BRITTANY AMBROSIO-TODD, MHC-LP

**Education:** Brittany received her BA in Psychology and BA in Women's Gender and Sexuality Studies from SUNY New Paltz. Brittany also holds a MA in Mental Health Counseling from Capella University.

**Previous Experience:** Brittany completed an undergraduate internship working with adolescent girls. During this time, Brittany worked with young girls who experienced self-esteem issues, self-harm, depression and anxiety. Her graduate clinical internship provided her with experience working with children, adolescents and adults. Brittany also has 5 years of previous experience working with school-aged children.

**Areas of Focus:** Brittany aims to provide a safe, comfortable and judgement-free environment for her clients. Using evidence-based approaches, she strives to educate and support those she works with. Brittany work with children, adolescents and adults. She utilizes cognitive behavioral therapy, dialectical behavioral therapy, play therapy for children, positive psychology and mindfulness. Depression, anxiety, self-esteem issues and life changes are just some of the areas Brittany has experience in treating.