

Education: Bachelors in Social Work from University of Vermont.
Masters in Social Work from Fordham University

Previous Experience: Emily has 9 years of clinical practice experience in a range of settings, working with adolescents and adults. She also has extensive experience working with adolescents in foster care and adolescents transitioning into independence.

Areas of Focus: Emily's areas of focus include Anxiety, Depression, PTSD, OCD, grief and women's issues. Emily works with individuals along the gender spectrum and the LGBTQ+ populations. Emily utilizes a variety of treatment modalities to meet the unique needs of each client including Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT) and mindfulness based stress reduction.