

Rebecca VanDuzer - Bio

Education: Rebecca earned her Advanced Certificate in Mental Health Counseling from SUNY New Paltz in 2018, Master's Degree in Counseling - Substance Use Disorder Track from Pace University in 2014, Bachelor's Degree in Psychology from Mount Saint Mary College in 2013.

Previous Experience: Rebecca has a background in residential substance use disorder treatment with adolescents, community mental health and crisis services. Rebecca is comfortable seeing a range of ages and Her practice is informed by Dialectical Behavioral Therapy (DBT), Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT) and Somatic Experiencing and is currently in training cohort for Somatic Experiencing Practitioner certification - estimated completion in July 2025.

Areas of focus: Rebecca finds a lot of value in flexibility and learning new ways to broaden her skillset to best support each individual. She's been described as being a warm, present and supportive provider who is particularly interested in supporting those with trauma and complex trauma, anxiety disorders, mood disorders, addictive patterns and navigating neurodiversity.