

Susan McVey is the Senior Associate and the Clinical Supervisor of Adult Services, in addition to the Director of Education for the practice. She has been an associate at Dr. Michele Winchester-Vega's since 2003.

Education: Susan earned her Masters of Social Work in 2000 from New York University and her Bachelor's degree in Psychology from SUNY Oswego in 1998.

Previous Experience: Susan has been committed to the field of outpatient mental health for over 20 years. She began her career working as a school-based therapist before transitioning to an outpatient clinical social worker. Susan has experience treating adults, children, couples, and facilitating groups.

Areas of Focus: Susan is a presenter for local school districts, providing workshops about mental health to parents. Susan currently specializes in treating adults. Specialized areas include anxiety, depression, grief, bipolar disorder, trauma, OCD, and parenting issues. Susan utilizes a variety of therapeutic interventions in her work, including but not limited to, Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Acceptance and Commitment Therapy (ACT), and insight oriented therapy.

Susan is committed to her work as a clinical social worker. She is amazed everyday at the resiliency of the human spirit and feels honored to be a part of her clients journey toward healing and recovery.