

# Cathie Simpson

PhD, Licensed Mental Health Counselor (LMHC)

316 E. Court St., Suite 1, Ithaca, NY  
607-273-3063

## Issues of Specialization (in order of priority)

Anxiety/Panic, Depression, Grief/Loss, Spiritual Identity, Crisis, School Issues, Divorce/Separation, Suicide Ideation, Death/Dying, Eating Disorders

## Techniques

Talk Therapy, Psychodynamic Therapy, Behavioral Therapy

## Office Hours

Mon. - Fri. (8-7)

## Client Population

Adolescents, Students, Young Adults, Middle Age, LGBT

## E-Mail

[dr.cathie@cathiesimpson.com](mailto:dr.cathie@cathiesimpson.com)

## Website

[www.cathiesimpson.com](http://www.cathiesimpson.com)

## Languages

English

## Willing to work with an interpreter

No

## Willing to use alternative locations

Yes

## Graduate Training

PhD, Clinical Psychology, Pacifica Graduate Institute, Carpinteria CA, 2005

## Additional Certificates/Trainings/Degrees

MA, Counseling Psychology, Pacifica Graduate Institute, Carpinteria CA, 1998

Critical Stress Management

Dialectic Behavior Therapy

## Fee

\$80.00 (\$140.00 first session)

## Sliding Scale

Yes

## Third Party Insurance Accepted

Aetna, American Behavioral, APS, APS EAP, BDA EAP, Cigna, Corphealth, Deer Oaks EAP, EBS-RMSCO, Fidelis Care First Choice EAP, Great West, Healthnet, HealthNow, Humana, Integrated Behavioral Health EAP, Life Solutions (PsychCare), LifeSynch (Humana), MHN, Military OneSource, MVP, Multiplan, OptumHealth, PHCS (Multiplan), PsychCare, TEAM EAP, United Behavioral Health, United Healthcare, Value Options

## Medicare

No

## Medicaid

No

## Therapy Support Groups

Pet Loss Group

**Comments:** I believe that healing only happens through relationships with others. Our brains actually change from being with compassionate person