

Dorothy Tien Shaffer
NYS Licensed Psychologist (PsyD)
518 Wyckoff Rd., Ithaca, NY
607-257-5008

Issues of Specialization (in order of priority)

Anxiety/Panic, Depression, Interpersonal Relationships, Work Issues, Grief/Loss/Illness, Eating Disorders, Divorce/Separation, Career Development, Survivors of all types of Abuse, Adult Children of Alcoholics

Techniques

Insight and Emotional Development, Communication Skills Development, Assertiveness Training, Deep Relaxation and Stress Management, Dream Interpretation, Spiritual Development

Office Hours

Mon. – Fri.
10:00-6:00 and by appointment

Client Population

Children (10-12), Adolescents, Students, Young Adults, Middle Age, Older Adults, Families/Couples, LGBT

E-Mail

non-preferred

Website

None

Languages

English
French
German

Willing to work with an interpreter

Yes

Willing to use alternative locations

Occasionally

Graduate Training

PsyD Clinical Psychology, Yeshiva University, Ferkauf Graduate School of Psychology, Bronx NY, 1988

Additional Certificates/Trainings/Degrees

Fee

\$140.00

Sliding Scale

Yes

Third Party Insurance Accepted

Aetna, HealthNow, Value Options

Medicare

No

Medicaid

No

Therapy Support Groups

None at this time

Comments:

I approach therapy as a collaborative process aimed at helping clients find their way to changes they desire. I see clients and their life struggles as unique and in a holistic context