

# Michele LeBlanc Swikar

Licensed Master Social Worker (LMSW)

Downtown Ithaca, Ithaca, NY  
607-330-2337

## Issues of Specialization (in order of priority)

Alternative Cancer Treatment Resources, Healthy Lifestyle Choices, Life Change Coaching, Meditation, Adolescent Development, Aging, Anger, Anxiety/Panic, Career Development, Chronic Pain, Codependence, Corporate Consultation, Death and Dying, Depression, Divorce/Separation, Eating Disorders, Female Identity, Gender Issues, Grief/Loss, Interpersonal Relationships, Parenting/Family, Sexual Identity, Spiritual Identity, Trauma, Work Issues

## Techniques

Assertiveness Training, Energy Work (Jin Shin Tara), EST, Meditation, Mindfulness, Primal Scream Therapy, Relaxation Exercises, Sound Healing, Stress Management

## Office Hours

Day and Evening Appointments Available  
(Call)

## Client Population

Adolescents, Students, Young Adults, Middle Age, Older Adults, Families/Couples, LGBT

## E-Mail

[soundhlg@yahoo.com](mailto:soundhlg@yahoo.com)

## Website

None

## Languages

English

## Willing to work with an interpreter

Yes

## Willing to use alternative locations

Yes

## Graduate Training

MSW Columbia University, School of Social Work, New York NY, 1981

## Additional Certificates/Trainings/Degrees

BA, SUNY New Paltz, NY, 1976

## Fee

\$70.00

## Sliding Scale

Yes

## Third Party Insurance Accepted

No

## Medicare

No

## Medicaid

No

## Therapy Support Groups

None

## Comments:

None

