

**Ms. Jacque Tara Washington, LCSW-R**

Mental Health Therapist/Psychiatric Social Worker

Office: 105 Williams Glen Rd. Ithaca 14850

Mailing Address: PO Box 4651 Ithaca 14852

(607) 277-3484

**Issues of Specialization (in order of priority)**

Understanding self & others, Changing thoughts, feelings & behaviors, Accepting what we cannot change, Interpersonal relationships, Anxiety/Panic, Depression, Marriage/Cohabitation, Grief/Loss, Selfesteem, Academic underachievement, ADHD, Adult Children of Alcoholics, Crisis/Trauma

**Techniques**

Assertiveness Training, Meditation, Stress Management

**Office Hours**

Monday, Wednesday, Thursday  
5 pm to 7 pm

**Client Population**

Adolescents 14-19; Adults; Seniors

**Email**

[jacquetara@hotmail.com](mailto:jacquetara@hotmail.com)

**Website**

[jacquetara.com](http://jacquetara.com)

**Languages**

English

**Willing to Work with an Interpreter**

Yes

**Willing to use alternative locations**

Conditional

**Graduate Training**

Master’s degree in Social Work from Syracuse University

**Additional Certificates/Trainings/Degrees**

Eye Movement Desensitization and Reprocessing International Association (EMDRIA) **Certified Therapist**

**Fee**

\$125. per hour

**Sliding Scale**

\$120. to 250.00 per hour

**Third Party Insurance Accepted**

Aetna for now; BCBS soon

**Medicare**

No

**Medicaid**

No

**Therapy Support Groups**

None for now

**Comments**

See profiles at Psychology Today, EMDRIA, NASW