

Susan A. Baker-Carr

Licensed Clinical Social Worker (LCSW-R)
The Boardman House
120 East Buffalo Street, Ithaca, NY 14850
607.379.3600

Issues of Specialization (in order of priority): Understanding self & others, Changing thoughts, feelings & behaviors, Accepting what we cannot change, Interpersonal relationships, Anxiety/Panic, Depression, Relationships/Marriage/Cohabitation, Stress, Self-compassion, self-esteem & confidence, Adult Children of Alcoholics, ADHD, Work and career, Grief/Loss, Academic underachievement

Techniques

Assertiveness Training, Meditation, Mindfulness-based Stress Management

Orientations

AEDP, Client-centered, Developmental Psychology, Family Systems, Feminist, Interpersonal Psychotherapy, Mindfulness-Based Therapy, Psychodynamic Psychotherapy, Solution-focused, Spiritual.

Office hours:

Mon. - Fri. by appointment only.

Client Population:

Adults, Middle Age, Older, Couples, College students, LGBTQ

E-mail

therapy@susanbaker-carr.com

Website

SusanBaker-Carr.com

Languages

English

Willing to work with an interpreter?

Yes

Willing to use alternative locations?

Yes

Graduate Training

MSW Family Mental Health, Syracuse University, 1997

Additional Certificates/Trainings

Graduate Certificate of Women's Studies, Syracuse University, 1997

Fees Sliding

Individual: \$60 – 120

Scale

Yes

Third Party Insurance Accepted

Aetna, Blue Cross Blue Shield, Cornell student insurance, Excellus, Healthy New York, Lifetime Benefit Solutions, POMCO, Univerra.

Medicaid

No

Medicare

No

Therapy Support Groups

None at this time.

Comments: Our goal is to optimize your health and well being. In this therapeutic alliance, we learn together how to restore and sustain your emotional well being by considering all aspects of your life: emotional, relational, occupational, intellectual, physical, and spiritual. It takes courage and strength to ask for help. Please don't hesitate to contact me.