

# Anna Salamone

Licensed Clinical Social Worker (LCSW)

Registered Nurse (RN)

Gateway Center, 401 E. State Street. Suite 201 Ithaca, NY 14850

607-256-3959

## Issues of Specialization (in order of priority)

Depression, Stress, Interpersonal Relationships, Trauma, Chronic Pain,

## Techniques

Psychodynamic, Cognitive, Mindfulness-Based Stress Reduction, Mindfulness-Based Cognitive Therapy

## Office Hours

Weekdays

## Client Population

Adolescents (18+), Students, Young Adults, Middle Age, Older Adults, Couples

## E-Mail

[info@annasalamone.com](mailto:info@annasalamone.com)

## Website

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

## Languages

English

## Willing to work with an interpreter

Yes

## Willing to use alternative locations

No

## Graduate Training

MSW Clinical Social Work, SUNY Albany, 1979

## Additional Certificates/Trainings/Degrees

RN, Sisters Hospital School of Nursing, Buffalo NY, 1970

B.S., Community Mental Health, Empire State College, Rochester NY, 1976

Certified Mindfulness-Based Stress Reduction Teacher, UMass Medical School, 2014

## Fee

\$110.00

## Sliding Scale

Please call

## Third Party Insurance Accepted

HealthNow provider

Not on plans, but reimbursable with Aetna and some others, and will submit claims

## Medicaid

No

## Medicare

No

## Therapy Support Groups

Mindfulness-based Cognitive Therapy Group (An eight-week course offering designed to help those who are prone to repeated bouts of depression and chronic unhappiness). Also run mindfulness-based stress reduction 8 week courses. See website.

## Comments:

I am currently transition to focus on mindfulness-based stress reduction, and mindfulness-based cognitive therapy groups. I have been running 8-week courses since 2007. My training has been with the University of Massachusetts Medical School, and I have been awarded Teacher Certification from the Center for Mindfulness, Healthcare, and Society at UMass.