

B. Beth Cohen, Ph.D.

Licensed Psychologist

Monday, Wednesday, Thursday, Friday:

TC3 Tioga Place (This is a wheelchair accessible building)
118 N. Tioga St., Suite 401, Ithaca, NY 14850 6073195778
6073195779 (fax)

Tuesday:

JRD Psychological Services 371 W. Church St.
Elmira, NY 14901

Issues of Specialization

Women's and men's gender issues; transgender emergence; minority stress, stigma, and discrimination; interpersonal communication and conflict resolution; depression; anxiety; anger issues; human sexuality; sexual orientation; stress management; vocational, educational, and life stage transition planning; trauma, abuse, and victimization; and family, relationship, and parenting challenges.

Techniques

My approach to counseling is a blend of Cognitive-Behavioral Therapy (CBT), Nonviolent Communication (NVC), Feminist Therapy (FT), antiracist multicultural counseling (MC), and body-centered therapy. CBT helps people learn to change how they think, so they can feel and act better even when the situation does not change. NVC is a philosophy that everyone's feelings and needs matter, and an approach to communication that blends assertive self-expression with empathic listening. FT is a philosophy of psychotherapy which looks at the relationship of gender, power, and cultural forces in determining a person's developmental experiences and the problems they are bringing to therapy. MC recognizes that the totality and interrelationships of experiences and contexts (individual, group, and universal) must be the focus of treatment. Body centered therapy recognizes that our bodies, minds, and feelings are all connected, and changes in what we do with our bodies and minds can help us feel better emotionally as well as physically. Some of the specific techniques I use include active listening, validation and normalization, cognitive restructuring, behavioral activation, systematic desensitization, communication skills development, psychoeducation, bibliotherapy, values clarification, career exploration, relaxation, meditation, and guided visualization.

Office Hours

Mon. – Thurs. 10:00am – 6:00pm; Fri 12:00pm – 5:00pm.

Client Population

Adults of all ages (individuals and couples); college students; older adolescents (16 years of age or older); LGBT welcome

Email

george@bbethcohenphd.com

Website

www.bbethcohenphd.com

Languages

English

Willing to work with an interpreter

Yes

Willing to use alternative

Yes

Graduate Training

Ph.D., Counseling Psychology, University of Missouri – Columbia, 1995 Predoctoral Internship, Student Counseling Service, Iowa State University, 1994/95 MA, Psychology, University of Iowa, 1989

Additional Certificates/Trainings

LifeForce Yoga Practitioner Level 1 training, Kripalu Center, 2013 Transformative Mediation training, Community Dispute Resolution Center, 2009 Kripalu Yoga Teacher 200hour training, Kripalu Center, 1989

Fee Sliding

Scale

\$125.00 (4045 minutes) - \$150.00 (5055 minutes) No

Third Party Insurance Accepted

As of January 2017, in network provider with Aetna, Beacon Health (Empire Plan), Excellus, BCBS, and Multiplan.

Medicare

Yes

Medicaid

No

Therapy Support Groups

Anxiety Camp (co-facilitated with Rich Gallagher, LMFT)

Comments

Please visit my website for more specific information about my practice: www.bbethcohenphd.com.