

Ellen Zaslav

NYS Licensed Psychologist (PhD)

215 N. Cayuga St., Suite 232, Ithaca NY
607-273-0705

Issues of Specialization (in order of priority)

Anxiety/Panic, Depression, Interpersonal Relationships, Work Issues, School Issues, Marriage/Cohabitation, Divorce/Separation, Eating Disorders, Gender Issues, Parenting/Family

Techniques

Meditation, Stress Management, Cognitive-Behavioral Therapy

Office Hours

Mon., Tue., Wed., Fri. 9:00-5:00

Client Population

Adolescents, Students, Young Adults, Middle Age, Older Adults, Families/Couples, Gay, Lesbian, Bisexual

E-Mail

ezaaslav@gmail.com

Website

None

Languages

English

Willing to work with an interpreter

Yes

Willing to use alternative locations

In emergency

Graduate Training

PhD Clinical and Developmental Psychology, Columbia University, New York NY, 1979

Additional Certificates/Trainings/Degrees

None

Fee

\$120.00

Sliding Scale

Yes, but limited

Third Party Insurance Accepted

Aetna PPO and other Aetna plans, BC/BS, Cigna, Empire, Excellus, Health Now, Medicare, OptumHEalth, Cornell and Ithaca College Student Plans, United Behavioral Health, Value Options

Medicare

Yes

Medicaid

Yes

Therapy Support Groups

None

Comments:

Treatment is tailored to the needs and preferences of the client. Some situations call for deep introspection, others for charting one's way through a predicament, and still others for behavioral or other targeted techniques.