

Laure Conklin Kamp

Licensed Mental Health Counselor (LMHC) Board Certified Coach (BCC)

108 South Albany Street, Ithaca NY

607- 351-2414

Issues of Specialization (in order of priority)

Dissertation Coach, Tenure Track Coach, Procrastination, Time-Management, ADD/ADHD, Depression, Anxiety and Spirituality/Mindfulness

Techniques

Strength Based Therapy, Life Coaching, Stress Management and Mindfulness

Office Hours

Mondy - Thursday by appointment

Client Population

25 and up

E-mail

laure@twcny.rr.com

Website

None

Languages

English

Willing to work with an interpreter

Yes

Willing to use alternative locations

No

Graduate Training

M.S. Rehabilitation Counseling, Syracuse University, Syracuse, NY 1979

Additional Certificates/Trainings/Degrees

BS, University of Buffalo, Buffalo, NY, 1975

National Board of Certified Counselors, 1986; Certified Rehabilitation Counselor, 1981

Fee

\$90.00

Sliding Scale

Yes

Third Party Insurance Accepted

Aetna, Aetna Student Health Insurance

Medicare

No

Medicaid

No

Therapy Support Groups

None

Comments:

What is unique about the way I work is that I'm trained as both a Life Coach and Therapist, so my approach is strength based. This means that I work with you to clarify which aspects of your life you wish to bring into focus and we build on what is already working well. I have been a counselor for over 35 years, 20 of them at Cornell University and a Life Coach since 2004. I now have a private practice combining both skill sets. My specialties include working with clients with time management issues using Life Coaching & mindfulness based therapies. My primary area of specialty is helping people who struggle with attaining their goals due to problems with time management, difficulty setting priorities and poor organizational skills (executive function issues) Many of my clients have ADHD or other learning challenges. Besides practicing as a therapist, I am an ADHD Coach, Dissertation Coach and Tenure Track Coach. Many of my clients are graduate students who have become stuck somewhere in the long process of earning their doctorate. We work collaboratively and by focusing on their strengths as well as supporting their weaknesses.