

Paul Mikowski

Licensed Clinical Psychologist (Psy. D.)

319 North Tioga Street, Ithaca, NY
607-279-0083

Issues of Specialization (in order of priority)

Anxiety/Panic, Relaxation, Drug Abuse, Alcohol Abuse, Internet/Online Addiction, Depression, Grief/Loss, Gender Issues, Interpersonal Relationships, Suicide Ideation, Male Identity, Crisis

Techniques

Assertiveness Training, Deep Relaxation, Dream interpretation, Meditation, Stress Management

Office Hours

By appointment

Client Population

Adolescents, Students, Young-Older Adults, Families/Couples, LGBT

E-Mail

Paul.Mikowski@gmail.com

Website

None

Languages

English

Willing to work with an interpreter

Yes

Willing to use alternative locations

Yes

Graduate Training

PsyD, Psychology, University of Hartford Graduate Institute of Professional Psychology, Hartford, CT, 2005

Additional Certificates/Trainings/Degrees

None

Fee

\$115.00

Sliding Scale

Yes

Third Party Insurance Accepted

Aetna, BCBS and Cigna

Medicare

No

Medicaid

No

Therapy Support Groups

Call for availability

Comments:

I believe I can help you feel better if you experience overwhelming stress, sadness, or addictions. I focus on your individual needs and use the techniques that work, including psychotherapy, meditation, or short-term change strategies. You can feel better!