

# Sarah M. Markowitz, Ph.D.

401 E. State St., Suite 201, Ithaca, NY  
607-398-0846

## Issues of Specialization (in order of priority)

Anxiety, Depression, Chronic Illness, Obsessive Compulsive Disorder (OCD), Adult ADHD, Eating and Weight Disorders, Panic, Body Dysmorphic Disorder (BDD)

## Techniques

Cognitive behavioral therapy (CBT), Problem solving, Adherence Counseling

## Office Hours

By appointment

## Client Population

18 and up

## Email

[sarah.markowitz@gmail.com](mailto:sarah.markowitz@gmail.com)

## Website

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

## Languages

English

## Willing to work with an interpreter

Yes

## Willing to use alternative locations

No

## Graduate Training

Ph.D., Clinical Psychology, Rutgers, the State University of New Jersey, 2009

## Additional Certificates/Trainings

Pre-doctoral internship and Postdoctoral fellowship, Behavioral Medicine, Massachusetts General Hospital/Harvard Medical School

## Fee

\$100.00

## Sliding Scale

Yes

## Third Party Insurance Accepted

AETNA and HealthNow

## Medicare

No

## Medicaid

No

## Therapy Support Groups

None

## Comments

I specialize in cognitive behavioral therapy (CBT), an evidence based, present focused, time limited treatment that focuses on changing patterns of thoughts and behaviors to help the individual achieve his/her goals and feel better.