

Diane S. Jerdan

Licensed Clinical Social Worker (LCSW-R)

122 West Court St., Ithaca, NY
607-275-3675

Issues of Specialization (in order of priority)

Divorce/Separation, Depression, Marriage/Cohabitation, Adolescent Development, Female Identity, Parenting/Family, Grief/Loss, Chronic Pain, Emotional Abuse, Verbal Abuse

Techniques

Behavioral, Client-Centered, Cognitive-Behavioral Therapy, Stress Management, Relaxation, Cognitive Restructuring, Family Systems, Assertiveness Training, Affect Management, Positive Psychology

Office Hours

Monday- Friday 9:00-6:00

Client Population

Adolescents, Students, Young Adults, Middle Age, Older Adults, Families/Couples, LGBT

E-mail

dianejerdan@yahoo.com

Website

www.brief-therapy.com

Languages

English

Willing to work with an interpreter

Yes

Willing to use alternative locations

Yes

Graduate Training

MSW Clinical Social Work, University of North Carolina, Chapel Hill NC, 1986

Additional Certificates/Trainings/Degrees

Bachelor's Degree, Ithaca College, Ithaca NY, 1982 Family Therapy Institute, Philadelphia, PA

Fee

\$100.00

Sliding Scale

Yes

Third Party Insurance Accepted

Aetna, BC/BS, Empire, Health Now, Value Options

Medicare

Yes

Medicaid

No

Therapy Support Groups

Separation/Divorce Group for Women, Post-Partum Depression Support Group, New Mother Support Group

Comments:

Brief Therapy is a unique form of counseling designed to limit the amount of time that you spend in therapy. Brief Therapy is solution focused and goal directed and supports the individual, couple or family in finding positive solutions to their problems. For more information, go to: www.brief-therapy.com