

Ellen deLara

Ph.D, LCSW-R, ACSW, Board Certified Diplomat

318 N. Aurora St., Ithaca NY

(607) 257-2644

Issues of Specialization (in order of priority)

Individual therapy, Couples counseling, Relationship difficulties, Bullying-current and aftereffects, Family Issues, Anxiety, Depression, Adolescent development issues, Emotional abuse, Doctoral dissertation stress, School/academic issues, Mid-life issues, Parenting

Techniques

Family based therapy, Interpersonal/relationship therapy, Bowen family system theory, Cognitive behavioral therapy (CBT), Assertiveness training

Office Hours

Afternoons

Client Population

Adults, Adolescents

E-Mail

edelara@syr.edu or ewj2@cornell.edu

Website

None

Languages

English

Willing to work with an interpreter

Yes

Willing to use alternative locations

Graduate Training

PhD, Cornell University in Educational/Developmental Psychology; MSW, Syracuse University in Clinical Social Work

Additional Certificates/Trainings/Degrees

Post-Doctoral Fellow, Cornell University

Fee

Call for information

Sliding Scale

Call for information

Third Party Insurance Accepted

No

Medicare

No

Medicaid

No

Therapy Support Groups

None

Comments:

I believe in a strength-based approach to helping, consequently I don't see people as a diagnosis but rather as unique and distinct individuals. I believe in working in a collaborative fashion with my clients and in the role stages of development play in a person's life. Because my training is as a system therapist, I do see people as influenced by all the systems of which they are a part such as family, community, work.