

MENTAL HEALTH CENTERS

*Blanton-Peale Institute	7 W. 30th Street, 9th Floor New York, NY 10010	(212)725-7850	Medicaid, managed care plans, Aetna, BC/BS, Cigna, United, Oxford, Emblem, Multiplan, Optum; for uninsured \$75/intake, \$90/psych evaluation, \$55/psychotherapy, \$35/med management Initial intake appointment is w/therapist, at the end of session they will schedule psych eval w/ psychiatrist if medication is needed (Other languages Thai, Spanish, Korean)
*Brooklyn Center for Psychotherapy	300 Flatbush Avenue Brooklyn, NY 11217	(718)622-2000	Medicaid, managed care plans, Aetna, BC/BS, GHI, HIP, Value Options, 1199, Sliding scale available; individual therapy and medication management, also offers substance abuse program
CBT/DBT Associates	501 Madison Avenue New York, NY 10022	(212)546-9200	No insurance accepted; Comprehensive DBT program offers individual therapy, group therapy, and phone coaching
*CCM/McMurray Clinic	115 W. 31st Street, 5th Fl. New York, NY 10010	(718)802-0666	Medicaid and all managed care plans; for uninsured, \$35/session for therapy and medication management; request Manhattan location when calling to schedule intake; Manhattan clinic # 212-564-6006
Institute for Contemporary Psychotherapy	1841 Broadway (60th St.) New York, NY 10023	(212)333-3444	Emblem, HIP, Oscar, Healthfirst; Sliding scale, average \$60/session; General mental health, eating disorders, LGBTQ, trauma
*Postgraduate Center for Mental Health	71 W. 23rd Street New York, NY 10010	(212)576-4195	Healthfirst, Medicaid, Medicare GHI/HIP ValueOptions; individual, family, and group psychotherapy as well as medication management
Psychoanalytic Psychotherapy Study Center	80 Fifth Avenue, Suite 903A New York, NY 10011	(212)633-9162	All therapists accept Aetna , other insurance varies by therapist; sliding scale available; primarily psychodynamic, no psychiatrist on site
*Ryan NENA Center	279 E. 3rd Street New York, NY 10009	(212)477-8519	Medicaid and managed care plans, Aetna, BC/BS, Cigna, Magnacare, 1199, ADAP; Medical and mental health services; benefits enrollment offered as a free service for those that may be eligible for Medicaid; also offers STD/HIV testing (Other languages Spanish, Chinese)
The Center for Modern Psychoanalytic Studies	16 W. 10th Street New York, NY 10011	(212)228-6036	No insurance accepted; \$40/intake, \$10-50/session afterwards (Other languages Spanish, Russian, Chinese, Farsi)
*The Fifth Avenue Counseling Center	50 W. 23rd Street New York, NY 10010	(212)989-2990	Medicaid and managed care, Aetna, BC/BS, United, Oxford, GHI, HIP; Sliding scale \$60+/session; individual therapy as well as medication management as needed; phone screening is done first; Please advise the front desk that you have been referred by SVA.
*Therapy Center of New York	200 W. 33rd Street New York, NY 10016	(212)725-0192	All providers accept UHC , other insurance varies by provider including Aetna, BC/BS, Cigna, Oxford, Empire Plan; group practice with therapists and psychiatrists, call for intake and they will verify insurance coverage
Training Institute for Mental Health	115 W. 27th Street, 4th Floor New York, NY 10001	(212)627-8181	ValueOptions; \$30/intake, then sliding scale fee
Washington Square Institute	31 E. 11th Street New York, NY 10003	(212)477-2600	Aetna, Emblem, GHI, CHCS, MVP, ValueOptions; Sliding scale starts at \$60/session

THERAPISTS (Manhattan)

Nancy Alexander, LCSW-R	37 W. 72nd Street, Suite 1West, Office #2 New York, NY 10023	(347)201-1924	BC/BS , out of network for other insurance plans; sliding scale for students; ADD/ADHD, Depression, anxiety, relationship issues, self-esteem, communication skills, self-defeating choices and behavior patterns, family issues.
Ellen Arfin, LCSW	26 W. 9th Street, Suite 5B New York, NY 10011	(212)989-7080	BC/BS, SVA Cigna, ValueOptions ; Art students, anxiety, depression, life transitions; Psychology instructor at SVA; has additional location in Maplewood, NJ
Mark Beauregard, RDT, LCAT	80 E. 11th Street, Suite 301C New York, NY 10003	(917)204-2846	Cigna ; student fee \$65-100/session; Gender/sexuality, depression, anxiety; markbeauregard.com
Lisa Bengner, LCSW-R	138 W. 25th Street, Fl. 6 Suite 3 New York, NY 10001	(347)831-4148	Medicare ; sliding scale \$85+/session; Artists, depression, anxiety, eating disorders, relationship issues, separation from family, trained in DBT. Additional location in Brooklyn. lisabengner.com
Kevin Braga, LCSW	19 W. 34th Street, PH floor New York, NY 10001	(646)480-6670	Cigna, SVA Cigna , sliding scale \$75+/session; Alcohol/drug misuse, sexuality issues, relationship issues; kevinbragalcsw.com
Aviva Braun LCSW	1133 Broadway, Suite 529 New York, NY 10010	(917)699-6831	Aetna, Cigna, Multiplan , out of network benefits; Sliding scale \$60-100/session; eating disorders in females, trauma, body image, relationship issues, depression, anxiety
Kirk Brewster, LCSW	184 Lexington Avenue, Suite 3D New York, NY 10016	(212)252-3680	No insurance accepted; sliding scale available; Depression, anxiety, psychoanalysis, artists and couples
Richard Brouillette, LCSW	113 University Place, 9th Floor New York, NY 10003	(917)826-2545	BC/BS ; sliding scale; Mood disorders, LGBTQ issues, cultural issues, trauma nosymptom.org
Nicole Brucato-Cooley, LMFT, RDT, RYT	526 W. 26th Street, Suite 309 New York, NY 10001	(646)847-8081	SVA Cigna, Multiplan, Beacon/ValueOptions ; Anxiety, depression, mood disorders, stress management, trauma, relationship issues, family systems work, parenting, behavior problems, yoga and meditation
Joyce Caraccioli, LCSW	113 University Place, 8th Floor New York, NY 10003	(917)572-5083	Aetna, Cigna, ValueOptions ; works with out of network; sliding scale; LGBTQ, Artists, anxiety, depression, relationship issues, alcohol misuse, psychoanalysis, speaks Maltese
Rebecca Carman, LCSW	138 W. 25th Street, 6th floor #26 New York, NY 10001	(917)751-8803	No insurance accepted but works with out of network benefits; student fee \$100-125/session; Creativity, artists, anxiety, depression, self-esteem, sexual assault, relationship issues
Andrea Clark, LCSW	99 University Place, 4th floor, Suite 13 New York, NY 10003	(646)241-6013	SVA Cigna, Aetna, BC/BS ; sliding scale; Anxiety, depression, trauma, eating disorders, LGBTQ issues, personality disorders; aclarklcsw@gmail.com
Mary Dove, LCSW	138 W. 25th Street, Suite 801 New York, NY 10001	(917)921-4488	BC/BS, SVA Cigna , Student fee \$90/session; College students, creative blocks, anxiety, depression, OCD, relationship issues; dovecounseling.com
Rachel Dress Snider, LCSW-R	26 W. 9th Street, Suite 6B New York, NY 10011	(646)207-0233	SVA Cigna ; sliding scale; Artists, college students, anxiety, depression, identity issues, psychoanalysis, previous therapist at SVA, current psychology instructor at SVA
Alison Dye, LCSW	49 W. 24th Street, Room 909 New York, NY 10001	(845)594-5174	Out of network benefits with Cigna; Student fee \$150/session; Anxiety depression, trauma/abuse, addictions
Leslie Ann Epstein, LCSW	113 University Place, 9th Floor New York, NY 10003	(917)482-2272	Aetna, BC/BS ; MBA background, transition to adult life, LGBTQ, relationship issues
Gail Elkin-Scott, LCAT, ATR-BC	1133 Broadway, Room 519 New York, NY 10016	(917)885-5723	No insurance accepted, sliding scale available; student fee \$75/session; Cultural issues, anxiety, trauma; Korean speaking therapist available starting \$40/session; arttherapyinfo.com

THERAPISTS (Manhattan)

Michele Frank, LCSW	19 W. 34th Street, #1200 New York, NY	(212)352-0988	Aetna, Anthem, BC/BS, Cigna, Emblem, GHI, Magellan, MHN, Oxford, UnitedHealthcare, ValueOptions/Beacon. Has documentary film background, counseling for artists.
Tami Gatta, LCAT	526 W. 26th Street, Suite 309 New York, NY 10001	(646)685-4322	SVA Cigna , sliding scale \$75-125/session; psychosis, trauma, anxiety, depression; tmgattalcat@gmail.com
Blair Glaser, LCAT, RDT	225 W. 35th Street, Suite 701 New York, NY 10001	(917)763-6539	No insurance accepted, sliding scale available; Professional/career development, coaching, relationship issues, also practices in Woodstock, NY. blairglaser.com
Maia C. Jamadi, PhD	50 Lexington Avenue, Suite LL3 New York, NY 10010	(718)501-2197	BC/BS, Medicare/Medicaid, SVA Cigna ; sliding scale \$75+/session; Depression, anxiety, cultural issues, neuropsychological testing, personality assessments
Allison Jupiter, LCSW	141 E. 55th Street, Suite 11D New York, NY 10012	(347)675-7062	Aetna ; students can call and inquire about out of network benefits for other insurance plans' student fee \$100/session; substance abuse, anxiety, CBT, runs group for women w/ eating disorders in their 20's, \$60.group; allisonjupiter.com
Miho Kanazawa, LCAT MA-BCT/RDT, CCLS	80 E. 11th Street New York, NY 10003	(201)298-3131	SVA Cigna ; works with out of network benefits; Depression, anxiety, adjustments (cultural issues, language, homesickness), trauma, anger management, communication issues, daily stress; International students; speaks Japanese. dramaforhealing.com
Jennifer Kind-Rubin, LCAT	80 E. 11th Street, #332 New York, NY 10003	(917)242-1468	Cigna , out of network benefits for other insurance; Trauma, anxiety, depression, college students, artists, creative blocks, transitions/adjustment; uses both art therapy and talk therapy; offers 20 minute phone consultation. jkrtherapy.com
Leah Kramnick, LCSW	115 W. 27th Street, 4th Floor New York, NY 10001	(212)726-0506	SVA Cigna , student fee available; Eating disorders, body image concerns, adolescents & college students, depression, anxiety, gender/sexuality issues. Psychodynamic and interpersonal therapy. leahkramnick@gmail.com
Rachel Kozlowski, PsyD	1133 Broadway, Suite 807 New York, NY 10010	(646)543-9884	Out-of-network (helps with claims), sliding scale available; identity, relationships, sexuality, school/career, depression, anxiety, artists, gender identity, grief. Works with couples. Add'l location in Williamsburg. drachelkozlowski.com
Hey-Kyung Kwon, DA, LP, NCPsyA	1270 Broadway, Suite 303 New York, NY 10001	(212)286-0688	Out of network; specializes in trauma (EMDR, sensorimotor, IFS); international students, adjustment, anxiety, depression. Speaks Korean; psychotherapistdrkwon.com
SJ Langer, LCSW-R	138 W. 25th Street New York, NY 10001	(917)617-0243	SVA Cigna ; sliding scale \$80/session for students; SVA alum & faculty; trauma and EMDR, gender/sexuality, transgender health, mood disorders, anxiety, eating disorders, substance abuse. SJLanger.com
Kristin Long, LCAT, LP	80 E. 11th Street, Suite 301C New York, NY 10003	(212)982-1065	No insurance accepted, student fee \$100/session, will help w/ out-of-network paperwork; Psychoanalysis, creative arts and trauma, relational trauma, somatic experience work, American Sign Language
Mikella Millen, LCAT, ATR-BC	412 Sixth Avenue New York, NY 10011	(917)756-5540	Cigna ; Therapist is SVA alumnus; Art therapy and verbal therapy; young adults and adults, trauma (childhood trauma, sexual assault, emotional abuse, etc.) LGBT; relationship problems; grief and loss, CBT. mikellamillen@gmail.com , mikellamillen.com
Katherine Mitchell, PsyD	156 5th Avenue, Suite 820 New York, NY 10010	(646)592-2688	No insurance accepted; Sliding scale & out of network provider; Addictions, ADHD, anxiety, depression, trauma; Group therapy (fee \$60) focuses on strengthening and deepening interpersonal relationship to better manage psychological difficulties. drkjimitchell.com

THERAPISTS (Manhattan)

Daphne Moked, LCSW	1133 Broadway, Suite 506 New York, NY 10010	(631)317-1497	Cigna; Out of network benefits and completes claims; Young adults/students, artists/creative thinkers, trauma, depression, anxiety, adjustment, substance abuse, relationships, eating disorders and body issues. daphnemoked.com
Penni Morganstein, PsyD	26 Court Street, Suite 1210 Brooklyn, NY 11201	(917)940-8938	Out of network, helps with paperwork; Sliding scale available. Anxiety, depression, adjustment to school/NYC, unblocking artistically. Eclectic approach; CBT and psychodynamic penniindra@gmail.com
Stephanie Omens, LCAT, RDT-BCT, CCLS	226 W. 26th Street, Floor 8, Room #15 New York, NY 10001	(201)600-4665	SVA Cigna; sliding scale available; Trauma/PTSD, grief/loss, depression, anxiety, sexual abuse, chronic illness, medical issues. Saturday evening availability. stephanieomenstherapy.com
Christine O'Toole, LCSW	26 W. 9th Street, Suite 9A New York, NY 10011	(973)650-4219	SVA Cigna; sliding scale; depression, anxiety, relationship issues, LGBTQ, gender/sexuality, trauma
Asher Pandjiris, LMSW	26 W. 9th Street, Suite 3D New York, NY 10011	(646)580-2375	SVA Cigna; sliding scale; Trauma, depression, anxiety, eating disorders, identity issues, relationship conflicts, parenting struggles, life transitions. Therapist has art background. asherpandjiris.com
Sarah Perl, LCSW-R, CDWF	291 Broadway, Suite 1401 New York, NY 10007	(518)894-8512	Out of network benefits, sliding scale available. Specializing in life cycle transition, relationship issues, substance use, harm reduction, abandonment issues and shame resilience. Facilitates a shame resilience group that runs in 8 week cycles, about 3 times per year. sarahperlpsychotherapy.com
Leide Porcu, PhD	303 Fifth Avenue, Suite 1309 New York, NY 10016	(212)929-7724	SVA Cigna, Aetna; Student fee \$120; LGBTQ, diverse ethnicities, anxiety, mindfulness/meditation, depression, coaching with ADHD/organization; trauma, shame, dream interpretation, sleep and nightmare difficulties; fluent Italian, some Spanish and French; leideporcu@gmail.com ; leideporcu.com
Olga Poznansky, PhD	125 E. 23rd Street, Suite 300 Office #2 New York, NY 10003	(646)436-1407	No insurance accepted; sliding scale available \$80+/session; anxiety, relationship issues, identity, professional concerns, immigration/acclturation, international students, work and creative inhibitions; olgapoznanskyphd@gmail.com
Renee Rodriguez, LCSW	85 Fifth Avenue, Suite 935 New York, NY 10003	(917)406-2636	SVA Cigna, BC/BS; student fee \$80/session; creativity, artists, depression, anxiety, trauma (including poverty), sexual trauma, parents w/mental illness, psychodynamic approach
Adam Reynolds, LCSW, RDT/BCT, CASAC	526 W. 26th Street, Suite 309 New York, NY 10001	(917)426-5873	SVA Cigna, BC/BS. Creative psychotherapy and drama therapy. Creative psychotherapy and drama therapy, LBGT issues, trauma, Autism spectrum, substance issues adamreynolds.squarespace.com
Charles Schaeffer, PhD	31 Washington Square West New York, NY 10011	(718)577-1564	SVA Cigna, out of network benefits, sliding scale available; college students, young adults, new parents, gender fluidity, mindfulness, sleep restoration/insomnia issues; drchuckschaeffer.com , drcschaeffer@gmail.com
Orna Shachar, PsyD, LP	96 Fifth Avenue, #1K New York, NY 10011	(646)638-4882	Aetna, Cigna, BCBS; Sexuality/gender, anxiety, depression, trauma, relationship issues, nurturing creativity. ornahalom@aol.com
Linda Turner, LCAT, ATR-BC	41 Union Square, Suite 616 New York, NY 10003	(917)445-7587	No insurance accepted, sliding scale available; Relationships, identity, trauma, life transitions, life coaching, mood disorders, substance abuse, grief, anger management, depression, anxiety, arttherapyyny.com

THERAPISTS (Manhattan)

Ashley Warner, LCSW	85 Fifth Avenue, Suite 934 New York, NY 10003	(212)561-1729	SVA Cigna; sliding scale available at \$80+. Treatment issues: trauma, sexual violence, transitions, loss, creativity issues. ashleywarner.com
Merry Weitzman, LCSW	31 Washington Square West New York, NY 10011	(917)692-7204	SVA Cigna; Childhood trauma, relationships, anxiety, depression, life stressors, identity issues, LGBT, self-esteem

THERAPISTS (Brooklyn)

Lisa Bengler, LCSW-R	699 Sackett Street #2 Brooklyn, NY 11217	(347)831-4148	Medicare; sliding scale \$85+ /session; Artists, depression, anxiety, eating disorders, relationship issues, separation from family, trained in DBT. linsabengler.com
Gemma Burgio, LCAT, ATR-BC	941 Ocean Avenue Brooklyn, NY 11226	(631)827-1274	SVA Cigna; student fee \$50; Therapist is SVA alumnus. Art therapy, talk therapy; anxiety, trauma, depression, eating disorders, creativity. Uses creative outlets to process difficult emotions and experiences. gemmaburgio.com
Patrice Francois, PsyD	26 Court Street Brooklyn, NY 11242	(347)693-6540	BC/BS; young adults, depression, anxiety, cultural issues, relationship issues
Elizabeth Goodman, LCSW	26 Court Street Brooklyn, NY 11242	(917)747-5871	Cigna; sliding scale; depression, anxiety, OCD, adult students, life transitions, professional development, relationships. elizabethgoodmanlcsw.com
Katherine M. Hatch, LCSW	68 Jay Street, Suite 507 Brooklyn, NY 11210	(917)538-3639	No insurance accepted, sliding scale available; Mood disorders, family conflict, domestic abuse, relationship issues, trauma
Kelli Knabe, LCSW-R	32 Court Street Brooklyn, NY 11201	(212)726-1924	Out of network for most insurances (including GHI); sliding scale; LGBTQ, gender identity, couples, late adolescence, adults, depression, anxiety, ADHD, cutting/picking/hair pulling, life transitions, relationship difficulties, career exploration
Rachel Kozlowski, PsyD	141 South 5th Street, #E-6, Brooklyn, NY 11211	(646)543-9884	Out-of-network (helps with claims), sliding scale available; See full practice information on page 3, under Manhattan practice information; drrachelkozlowski.com
Rebecca Kronman, LCSW	26 Court Street, Suite 1001 Brooklyn, NY 11242	(917)715-3809	SVA Cigna; out of network and sends in claims; Anxiety, depression, artists, mindfulness for creatives, student pressures. rebeccakronman.com
Margaret Patterson, PhD	103 State Street Brooklyn, NY 11201	(718)834-0076	No insurance accepted; sliding scale available; Relationship issues, trauma, anxiety, depression
Sarah Perl, LCSW	26 Court Street, Suite 504 Brooklyn, NY 11242	518)894-8512	Out of network benefits, sliding scale available. See full practice information on page 4, under Manhattan practice information; sarahperlpsychotherapy.com
Jeremy Schwartz, LCSW	10 Plaza Street East, #1C Brooklyn, NY 11238	(917)512-1274	SVA Cigna; young adults/college students, trauma/PTSD, depression, anxiety, eating disorders, substance abuse, LGBTQ issues, support around gender transition, trained in DBT. parkslotherapy.net

PSYCHIATRISTS

Shirin N. Ali, MD	9 W. 10th Street New York, NY 10011	(646)706-7011	Aetna; student fee \$150/60 minutes; Psychotherapy and medication management
Cynthia Barnes, MD	352 7th Avenue New York, NY 10001	(212)563-1112	Aetna, Cigna, BC/BS, Medicaid, Medicare, United, Oxford, HIP, Multiplan, PHCS, MHN, Pacificare, POMCO, ValueOptions, 1199
Rona Bernadette, MD	425 W. 23rd Street, Suite 1B New York, NY 10011	(646)592-1112	BC/BS, Oxford, UnitedHealthcare; mood disorders, anxiety; ronabernadette.md.com
Lanre Dokun, MD	276 Fifth Avenue Suite 507 New York, NY 10001	(929)399-7120	SVA Cigna, as well as other out of network benefits; will submit claims for patient. Patient only responsible for coinsurance. Therapy and med management; Anxiety, depression, ADD/ADHD, OCD, sexual abuse, LGBTQ; healthyminds.nyc
Gauri Khurana, MD, MPH	26 W. 9th Street, Suite 3D New York, NY 10011	(917)345-9831	SVA Cigna; sliding scale available; mood disorders, anxiety, ADHD
Amy Mednick, MD	301 E. 21st Street New York, NY 10010	(347)480-8608	Cigna; appointments available M-T, Th-F. Must be in weekly psychotherapy in order to be treated with meds
Danny Michaeli, MD	113 University Place, Suite 1010 New York, NY 10003	(212)674-2447	No insurance accepted; \$200/session, LGBTQ, family therapy
William Nguyen, MD	5 W. 86th Street, #9C New York, NY 10024	(646)954-2400	Aetna, Cigna; Med management and therapy; anxiety, adjustment, ADHD, mood disorders, college students, international students. Speaks Vietnamese. uwspsihchiatry.nyc
Scott Palyo, MD	101 Fifth Avenue, Suite 10D New York, NY 10003	(917)715-6397	No insurance accepted; anxiety, depression, trauma, ADHD
Leonard Rubin, MD	200 West 57th Street New York, NY 10019	(212)245-5748	Aetna, BC/BS, Cigna, Medicare, United, Oxford, GHI, Multiplan, PHCS, MHN, 1199, Health Republic, Oscar, Magnacare, Affinity
Gregory Sayer, MD	38 Gramercy Park North New York, NY 10010	(929)243-4843	No insurance accepted; Med management and therapy; insomnia, panic disorder, trauma, anxiety, OCD, ADHD; gregorysayermd.com
Sherwin Shadianloo, MD	26 W. 9th Street, Suite 6B New York, NY 10011	(212)253-0030	Out of network benefits; Med management and therapy; LGBT, mental health of sexual minorities including gender variant and transgender individuals and their families, ADHD, anxiety, mood disorders, trauma, family issues, eating disorders, shadianloomd.com
Jose L. Villaluz, MD	10 E. 82nd Street, Suite 1F New York, NY 10128	(212)873-0585	Aetna, Cigna, Oxford, UnitedHealthcare; ADHD, anxiety, mood disorders, psychosis, adjustment disorders