



# GO-TO GUIDE FOR MENTAL HEALTH

## Community and Internal Resources:

### Clinicians Completed: *Scoliosis Training for Mental Health Providers*

- **Long Island, NY**

- Dana Reeves, LMHC, Lifestance Health
  - Licensed in New York – in person and virtual sessions
  - 1399 Franklin Ave, Suite 302, Garden City, NY 11530
  - Dana.Reeves@lifestance.com
  - (516) 969-3236

- **New York, NY**

- Dr. Sarah Hatcher Ph.D, Child & Family Institute
  - Licensed in New York – in person and virtual sessions
  - 411 E 114th St, New York, NY 10029
  - shatchercfi@gmail.com
  - 978-593-4662
- Dr. Aspasia Hotzoglou. The American Institute for Cognitive Therapy
  - Licensed in New York – in person and virtual sessions, Licensed in Connecticut – virtual sessions
  - 150 East 58th Street, Fifth Floor Annex New York, NY 10155
  - ahotzoglou@cognitivetherapynyc.com
  - 646-420-8741
- Kim Butler, LCSW, Lifestance Health
  - Licensed in New York – in person and virtual sessions
  - 667 Stoneleigh Ave, Suite 202 Carmel Hamlet, NY 10512
  - Kim.Butler@lifestance.com
  - 866-592-0421

- **New Jersey**

- Abby Riley, LAC, Inspire Wellness
  - Licensed in NJ – in person and virtual sessions
  - 70 Hilltop Rd. Suite 1000 Ramsey, NJ 07446
  - 266 Harristown Rd. Suite 209 Glen Rock, NJ 07452
  - abby@inspirewellness.com
- Dr. Jennifer Mayo Ajosa, PsyD., Behaved Brain
  - Licensed in NJ – in person and virtual sessions, Licensed in 39 states through PsyPact – virtual sessions
  - 110 Warren Ave Suite 6, Ho-Ho-Kus, NJ 07423
  - 22 Peterson Ave Midland Park, NJ 07432
  - jmayo@behavedbrain.com

- 201-857-5380 ext 2
- **Westchester, NY**
  - Rebekah Katz, PsyD., Scarsdale Village CBT
    - Licensed in New York – in person and virtual sessions
    - 14 Harwood Court, Suite 511, Scarsdale, NY 10583
    - Katz@ScarsdaleVillageCBT.com
  - Dr. Angela Reiter, PsyD.
    - Licensed in New York – in person and virtual sessions
    - 145 Palisade St Suite 200 Room 1, Dobbs Ferry, NY 10522
    - reiterintake@gmail.com
    - 914-488-4779
- **Connecticut**
  - Dr. Caryn Bienstock, MA, PhD., LCSW
    - Licensed in Connecticut – in person and virtual sessions, Licensed in New York – virtual session
    - 95 Rowayton Avenue, Rowayton, CT 06853
    - drcaryn.bienstock@gmail.com
    - 203-829-7400
- **Clinicians from NYP: Weill Cornell and Columbia University Irving Medical Center**
  - Dr. Corinne Catarozoli, Ph.D, Weill Cornell
    - Licensed in New York – in person sessions
    - 525 East 68th Street, New York, NY 10065
    - cos2006@med.cornell.edu
    - (646) 397-8817
  - Emily Cruz, LCSW, Columbia University
    - Licensed in New York – virtual and phone sessions
    - CUCARD Anxiety Clinic, 516 W 168 th St rd Floor, New York, NY 10032
    - emc2263@cumc.columbia.edu
    - 212-342 3800
  - Dr. Nomita Sonty, Ph.D, Columbia University
    - Licensed in New York – virtual and in person sessions
    - 51 West 51st Street, Suite 340, New York, NY 10019
    - 212-305-7114
    - ns331@cumc.columbia.edu
  - Yael Monselise, LCSW, Columbia University
    - Licensed in New York – virtual and in person sessions
    - CUCARD Anxiety Clinic, 155 White Plains Rd Ste 200, Tarrytown, NY
    - 914-631-4618
    - ym3036@cumc.columbia.edu

**For questions or more information on referrals, session fees, insurance accepted, and areas of specialty, contact:**

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**203-216-3348**  
**jr4593@cumc.columbia.edu**