Hi everyone!

I hope you are all doing well and enjoying your summer.

As most of you may know, I will be leaving in August after internship to attend the University of Arkansas for Counselor Education and Supervision. With that being said, I have a few clients I would love to transfer over if there is a good fit. I am sending their information below. If anyone has any questions or would like more information, I would be happy to discuss more details individually.

1. Client name: AZ

Age: 25

Insurance: BCBS

Availability: Can meet early in the morning before work at 7:30 AM -8:30 AM, can be flexible for a lunch time around 11 AM – 1 PM on Zoom, or an evening, if possible, around 6 PM.

Brief introduction: A is working through some familial dynamics that have changed since her parents recently got divorced due to her father’s infidelity. This has been stressful for her to cope with, and it is her main concern moving forward is finding boundaries with her relationship with her father. We have been working on establishing boundaries that feel healthy for her and manageable within her familial dynamics. A is seen in person but is open to telehealth if needed for availability.

1. Client name: RT

\*This client has Narcissistic tendencies

Age: 32

Insurance: Excellus

Availability:

Brief introduction: R is in his contemplation stage about his relationship with his girlfriend of almost 2 years. He has a challenging relationship with his family and the dynamics can be difficult for him to manage. His first therapeutic goal was to use less marijuana to cope with his stress and is still within the pre-contemplation stage. We have been exploring what his motivations are and what his barriers are along with how his current usage aligns with his goals. He is seen in person and telehealth.

1. Client name: NA

Age: 38

Insurance: BCBS

Availability: 3 PM

Brief introduction: N also has complicated familial dynamics with his extended family. He has two small children and wants to improve his parenting skills by reacting less quickly and takin his frustration into other areas of his life instead. He is also getting back together with his wife after separating last year. N also challenged himself to not drink for a full year and has been successful. We have helped reinforce healthier behaviors, discussed parenting skills, and healthier communication skills within his close interpersonal relationships. N cannot do telehealth due to not being able to focus or have privacy during a session since he has two small children, so he must be seen in person.

1. Client name: HW

Age: 38

Insurance: BCBS Excellus of CNY

Availability: H is open to seeing a provider on a weekend or in an evening. She is also open to telehealth if needed.

Brief introduction: H struggles with her fear of abandonment. Her goal to improve her happiness has been a journey with her self-care and meeting her needs. She has a strained relationship with her mom, but close friends that she sees at least once a week. We have been working on healing past trauma and have engaged in exercises such as her past self within parts work, which has seemingly been effective.

Please contact me if you have any questions or want more information about a specific client you may be able to work with. Thank you so much for the consideration and I hope you have a great rest of your week 😊