

Local Counselors

Sharon Alger-Mayer MD

AMC Clinical Nutrition Group
25 Hackett Blvd
Albany, NY 12208
518-262-5299

Expertise: Anorexia, Bulimia, Eating Disorders, Obesity

Associates in Mental Health and Neuropsychology

2310 Nott Street East
Niskayuna, NY 12309
518-372-6080

Expertise: Academic Difficulties, Attention Disorders, Individual Therapy, Neuropsychological Assessment, Psychiatric Disorders, Psychotherapy

Conifer Park – Schenectady Clinic

600 Franklin Street
Schenectady, NY 12305
518-372-7031

Expertise: Chemical Dependency Treatment

Four Winds Saratoga

30 Crescent Ave
Saratoga Springs, NY 12866
518-584-3600

Expertise: Depression and other Mood Disorders, Anxiety Disorders, Dual Diagnosis, Thought Disorders, Psychological Trauma and Abuse, Chemical Dependency, Dialectical Behavioral Therapy, Eating Disorder Treatment

Terri Gerber, LCSW-R

435 New Karner Road #204
Colonie, NY 12205
518-860-9297

Expertise: Eating Disorders, Depression & Grief, Anxiety & PTSD, Couples & Parenting, EMDR, Hypnotherapy, DBT, Care Of The Soul

Kamer Psychological Associates

634 Plank Road, Ste 206

Clifton Park, NY 12065

518-456-5056

Expertise: Alcohol/Substance Abuse or Dependence, Depression and Anxiety, Opiate Abuse and Mental Illness, Opiate Addiction and Dependence, Developmental Disorders or Learning Disorders and Disabilities, Attention Deficit Disorder (ADD) and Attention Deficit Hyperactivity Disorder (ADHD), Obsessive Compulsive Personality Disorders (OCD), Bipolar Disorder and Depression, Post-traumatic Stress Disorder (PTSD) and Trauma Management, Adult Schizophrenia and Child Onset Schizophrenia, Stress and Anxiety Disorders along with Anger Management, Personality Disorders and Dissociative Disorders, Seasonal Affective Disorder and Depressive Disorder with Seasonal Pattern, Life Coaching and Career Coaching for Professionals and College Students, Chronic Pain, Catastrophic Illness and Catastrophic Injury, Relationship and Communication Problems, Feeding and Eating Disorders, Coping with Loss: Bereavement and Grief, Health and Wellness: Creating Optimal Health and Related Habits, Sleep and Wake Disorders, Gender Issues, Sexual & Paraphilic Disorders

Northeast Psychological Associates

Hanover Square

435 New Karner Road

Albany, NY 12205

518-456-2060

Expertise: Psychotherapy for Depression and Anxiety, Family & and Relationship Counseling, Stress Management, Alcohol and Drug Dependence Evaluations, Treatment for Behavioral and Academic Problems/ADHD, Women's and Men's Issues, Pain Management/Behavioral Medicine, Relaxation/Meditation Training, Assessment and Treatment of Eating Disorders, Grief/Bereavement Counseling, Trauma Based Disorders, Career Development and Vocational Adjustment Services, Intellectual/Educational and Psychological Evaluations

Natalie Nussbaum, PhD

2220 Lynwood Dr

Schenectady, NY 12309

518-372-7356

Expertise: Clinical Psychology

Mary O'Connor

Clinical Associates of Clifton Park
989 Route 146, Bldg 199
Clifton Park, NY 12065
518-383-3249

Expertise: Anger Management, Anxiety/Panic Disorders, ADD/ADHD, Bipolar Disorders, Depression, Eating Disorders, Grief/Loss, Relationships, Life Transitions, OCD, Personality Disorders, Self-Abuse, Sexual Abuse, Rape, Trauma/PTSD

Laurie Pollard, NPP

Clifton Park Psychiatry NP Care
632 Plank Road, Ste 207
Clifton Park, NY 12065
518-366-0082

Expertise: Behavioral Issues, Bipolar Disorder, Coping Skills, Divorce, Eating Disorders, Family Conflict, Infidelity, Life Coaching, Life Transitions, Medication Management, Relationship Issues, Stress, Women's Issues, mood disorders

Saratoga Psychological Associates

Clifton Park Office
632 Plank Road
Clifton Park, NY 12065
518-587-0499

Expertise: Assessment of Learning Behavior & Attention Disorders, Behavioral Medicine Assessments, Individual Psychotherapy

Schenectady Center for Psychotherapy

1575 Union Street
Schenectady, NY 12309
518-374-0511

Schenectady Mental Health Associates

1362 Union Street
Schenectady, NY 12309
518-374-0295

Expertise: ADD/ADHD, anxiety Disorders, Bipolar Disorders, Depression, Eating Disorders, Impulse Control Disorders, Learning Disorders, Schizophrenia Disorders, Anger Management, PTSD

Union Center

1583 Union Street
Schenectady, NY 12309
518-374-7347

Expertise: ADHA, Oppositional Defiant Disorder, Conduct Disorder, Anger Management, Anxiety & Panic Attacks, Depression, Gay & Lesbian Issues, Grief & Loss Personality Disorders, Stress Management, Trauma & Abuse, Work/Stress Issues

Union Counseling Behavioral Health Center

1311 Union Street
Schenectady, NY 12308
518-374-6263

Expertise: ADHD, Anxiety & Stress, Abuse, Bipolar Disorder, Borderline Personality Disorder, Depression, Eating Disorders, PTSD

Susan Woods, PhD

700 McClellan Street
Schenectady, NY 12304
518-372-0166

Expertise: General Psychology, Clinical Psychology, Child Psychology, Cognitive Behavioral Therapy, Eating Disorders, Depression
