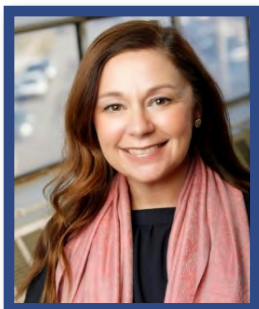




337 Cleveland Drive  
Cleveland Hill Professional Building  
Clinical Offices

A TRAUMA INFORMED COUNSELING CENTER



**Nicole E. Wolasz, MSW, LCSW-R**

**Phone:** (716) 228-8205 or **Email:** [nicolewolasz@gmail.com](mailto:nicolewolasz@gmail.com)

**Website:** [www.nicolewolasztherapy.com](http://www.nicolewolasztherapy.com)

Nicole has been servicing youth & families in WNY since 1997. Nicole specializes in trauma therapy, family therapy & juvenile offender work. She has expansive experience in the use of many treatment modalities including: Eye Movement Desensitization Reprocessing (EMDR), & Cognitive Behavioral Therapy (CBT) to provide counseling for grief/loss, anxiety, coping & stress management. In addition to providing trainings in the area of Trauma Informed Care, Bullying Prevention & Anger Management, Nicole has presented internationally on use of Peacemaking Circles and serves as a national trainer for professionals for the Child Trauma Institute. In 2009, Nicole was recognized by the YWCA for her leadership in the area of social work and is the recipient of the 2019 WNY EMDR Award for Outstanding Work with Special Populations.

**Nicole is a participating provider of Blue Cross/Blue Shield, Univera, Independent Health, United Healthcare, Nova Healthcare, Fidelis & Beacon Healthcare (YourCare, Medisource).**



**Lynette M. LaFalce, MSW, LCSW-R**

**Phone:** (716) 249-0639 or **Email:** [lynettelafalce.lcswr@gmail.com](mailto:lynettelafalce.lcswr@gmail.com)

Lynette has been practicing as a social worker in WNY since 1994. Lynette is a trauma informed therapist and uses Eye Movement Desensitization and Reprocessing (EMDR), Progressive Counting as treatment modalities. Lynette works with children, adults and families with a focus on anxiety, depression, grief and loss, child behavioral issues, healing from abuse and neglect, PTSD, gender identity transitions and life transitions. In addition, Lynette is a trained mediator and specializes in co-parenting issues and high-conflict divorce/separation.

**Lynette is a participating provider of Blue Cross/Blue Shield, Independent Health, Univera and Beacon Healthcare.**



## Jennifer M. Attea, MSW, LCSW-R

Phone: (716) 616-0117 or Email [atteajennifer@gmail.com](mailto:atteajennifer@gmail.com)

Jen comes with a wealth of experience working with children, adolescents, adults, and families in community-based treatment services as well as in private practice. She has over 12 years of experience, which has garnered her the opportunity to train in a variety of approaches to include Eye Movement Desensitization Reprocessing (EMDR), Dialectical Behavior Therapy (DBT), Cognitive Behavioral Therapy (CBT) and Solution Focused Therapy (SFT). Jen's practice is based on a person-centered approach. Jen specializes in working with a range of treatment issues including depression, anxiety, relationships, mood disorders, self-esteem, trauma, parenting, life-cycle transitions, addiction, and recovery.

**Jennifer accepts BCBS, Independent Health, Fidelis, and Private Pay/Out of Network.**



## Lydia A. Coyle, MSW, LCSW-R

Phone: (716) 220-7155 or Email: [coylecounseling@gmail.com](mailto:coylecounseling@gmail.com)

Many people find themselves working very hard and yet still have an innate sense that something is wrong with them, that they are not enough. Sometimes unexpected things happen in life leaving us feeling out of control and our usual way of coping is not effective. I provide a safe space to explore your stories and unpack the difficult thoughts and feelings you are experiencing. I utilize a variety of modalities including Acceptance and Commitment Therapy, Schema Focused Therapy, and Eye Movement Desensitization and Reprocessing (EMDR).

I specialize in women's mental health and wellness. I love working with women of all ages and stages of life and my practice primarily focuses on the transition to motherhood (including fertility struggles, perinatal bereavement, and postpartum depression and anxiety) I have a certificate in Perinatal Mood and Anxiety Disorders from Postpartum Support International (PSI)

**Lydia is a participating provider of Blue Cross Blue Shield (BCBS), Independent Health, and Univera.**



## Daniel (Danielle) Godfrey, MSW, LCSW-R

Phone: (716) 393-8799 or Email: [dgodfreylcswremdr@gmail.com](mailto:dgodfreylcswremdr@gmail.com)

Daniel (Danielle) Godfrey is a Licensed Clinical Social Worker with over 30 years of experience In the Family Services/Mental Health Field as an Administrator, Clinical Supervisor and Clinician in a variety of community settings.

Danielle is a certified EMDR therapist and an EMDR Consultant in Training (CIT).

Danielle is a transgender woman who utilizes a respectful and collaborative approach in working with adolescents, young adults, adults and families impacted by a wide variety of mental health and life stage issues including; addictions, adjustment problems, anger management problems, anxiety, childhood abuse/neglect, conversion therapy abuse, depression, disabilities (physical and intellectual) divorce/separation, domestic violence, family stressors, family violence, gender identity concerns, grief/loss, marital difficulties, post-traumatic stress, school/work issues, sexuality concerns, spiritual/religious abuse.

LGBTQIA+ identified, affirming and welcoming.

Danielle accepts the following insurances - Blue Cross/Blue Shield, Fidelis, Independent Health, Univera, Medicare, Most Medicare Advantage Plans, Out of Network, Private Pay

Danielle is currently **not accepting** new clients for individual insurance reimbursed services.

**Danielle is accepting new clients for Intensive Therapy Retreats and providing EMDR Consulting through the Trauma Institute/ Child Trauma Institute - <https://www.ticti.org/>**



## Laura Ott, MSW, LCSW, PMH-C

**Phone:** (716) 783-0699 or **Email:** [ottcounseling@gmail.com](mailto:ottcounseling@gmail.com)

**Website:** [www.ottcounseling.com](http://www.ottcounseling.com)

Laura has been practicing social work in the WNY community for the past 8 years. She began her career working with adolescents in residential treatment in 2013 and continued on to gain additional experience working with all ages in outpatient clinics, community settings, and in hospitals. She has certificates in **trauma-informed care and counseling** and **perinatal mental health**. Her hope is to help you learn skills to improve coping, recognize your resiliency, and develop self-compassion. She utilizes a trauma-informed, client-centered approach, drawing from multiple modalities including: Dialectical Behavioral Therapy, Cognitive Behavior Therapy, Solution-Focused Therapy, Progressive Counting (PC), and Eye Movement Desensitization and Reprocessing (EMDR).

Laura currently has openings for adults on weekdays during business hours.

Laura is accepting BCBS, United Health Care, and Independent Health (*not medicaid plans*) FSA/HSA payment can be used for private payments or towards deductibles.

### **Private payment rates are as follows:**

\$150 for an initial assessment

\$125 for 50 minute psychotherapy sessions

Laura also supervises a MFT Graduate candidate, River Hites, who is accepting new couples and families at a discounted rate. Information on River can be found at [www.ottcounseling.com](http://www.ottcounseling.com)



## Meredith Surdel, LMHC

**Phone: (716) 650-0606 or Email: [meredithsurdel@gmail.com](mailto:meredithsurdel@gmail.com)**

Since 2004, Meredith has provided adolescents, adults, and families with a holistic approach to mental health counseling, allowing her clients to create their own stories. With an extensive history working with grief and loss, anxiety, depression, interpersonal conflict, families impacted by incarceration, crisis management, post-traumatic stress, self-esteem, mood disorders, substance use disorders, and life transitions, Meredith follows a person-centered and trauma-informed approach in aiding her clients. The following treatment modalities are incorporated into her practice: Progressive Counting (PC), Motivational Interviewing (MI), Cognitive Behavioral Therapy (CBT),

Dialectical Behavior Therapy (DBT), Solution-Focused Brief Therapy (SFBT), and Acceptance and Commitment Therapy (ACT).



## Lindy Kadish, LMHC

**Phone: (716) 248-8307 or Email: [lkadishlmhc@gmail.com](mailto:lkadishlmhc@gmail.com)**

Lindy Kadish is a licensed mental health counselor serving children and adults in Western New York for the last five years. Her therapeutic philosophy is rooted in trauma informed care and Dialectical Behavior Therapy (DBT). In addition to her training in DBT, Lindy is also trained in Eye Movement Desensitization and Reprocessing (EMDR) therapy, Cognitive Behavioral Therapy (CBT), and Gender Affirming Care under the Global Education

Initiative through The World Professional Association for Transgender Health. She specializes in the treatment of depression, anxiety, women's issues, life transitions, gender/sexuality concerns and trauma.

Lindy accepts private pay.



## David Gordon, LCSW-R

**Phone: (716) 970-2182 or Email: [dgordonlcswr@gmail.com](mailto:dgordonlcswr@gmail.com)**

**Website: [dgordonlcswr.com](http://dgordonlcswr.com)**

David has 35 years of experience working in the field including over 25 years in agency work. He opened his private practice four years ago and is working with adults, couples, adolescents as well as families. David has been focused on trauma sensitive/trauma informed care since 2012

His practice is focused on providing service to clients who are coping with anxiety, past trauma, depression, relationship issues, infidelity, grief, loss and life transitions. David uses a multitude of training including Acceptance and Compassion Therapy (ACT), Gottman Couples Institute, as well as Cognitive & Behavioral Therapy (CBT), Solution Focused Therapy and others. David is also a consultant for AdoptionStar and does regular training preparing families for older child adoption with their AOK program.



## Alicia M. Popp, MSW, LMSW

**Phone: (716) 255-5675 or Email: [alicia.popp.therapy@gmail.com](mailto:alicia.popp.therapy@gmail.com)**  
**She/Her**

I believe that therapy is a process of discovering the underlying cause of symptoms in order to heal the wounds that created a foundation for what you are currently experiencing. I will help you develop skills to handle symptoms in the mean-time. Presenting concerns are the nervous system's creative expression of the things that have happened to us. We will co-create a unique space that will facilitate healing on the deepest level through safety and connection. We will bring our skills, wisdom, experience, and personalities into the process together.

In therapy, I use an integrated, eclectic approach from many models and theories including Eye Movement Desensitization and Reprocessing (EMDR), Acceptance and Commitment Therapy (ACT), Ego State Therapy, Developmental Needs Meeting Strategy (DNMS), Solution Focused Therapy, Attachment and Neurodevelopment, Somatic Psychology, and Polyvagal Theory.

I work with adults who have experienced loss and grief, mood disorders, trauma and attachment wounding, childhood neglect and abuse, religious/spiritual abuse, crisis management, relationship difficulties, life transitions, and more.

LGBTQIA+ identified and affirming.

Alicia is currently accepting Private Pay clients and will be accepting the following insurances once credentialed: United Healthcare, Highmark BCBS, Fidelis and Independent Health.



## Brittany Marranco, MSW, LMSW

**Phone: (716) 860-5493 or Email: [brittanymarranco@gmail.com](mailto:brittanymarranco@gmail.com)**

I am a licensed social worker in the Western New York area who has experience in working with teens and adults with a history of trauma, depression, anxiety, grief, and relationship difficulties. My training comes from a trauma-informed care perspective, and my practice theory is person centered. My goal is to cater therapy to individual needs. It is my whole-hearted belief that trust and safety are vital while building on a therapeutic relationship.

Individuals are certainly not defined by their problems, but sometimes problems can feel all consuming, affecting many areas of life. The road to finding relief often starts with carving out a time and space to heal.

In working with clients, I utilize skills from modalities such as Eye Movement Desensitization and Reprocessing (EMDR), Solution Focused Therapy (SFT), and Internal Family Systems (IFS). With these techniques, we get to know the different parts of yourself that have been burdened by the pains of life, at a pace that feels safe and comfortable to you. When working together, we will compassionately explore the coping mechanisms you have adopted along the way, while uncovering the skills and strengths within yourself that will aid you in your journey. It is my honor to walk that road with you.

Brittany accepts Private Pay. Once credentialed, Brittany will accept Highmark BCBS, Fidelis, Independent Health and United Healthcare.



## Ashley Gorny, LMHC, LPC

**Phone: 716-328-6202 or Email: [ashleygornylmhc@gmail.com](mailto:ashleygornylmhc@gmail.com)**

Ashley is a licensed mental health counselor who has been working in the field for about nine years. Ashley is licensed in the states of NY and VA and serves children, teens and adults. She has worked in a variety of settings including in-home counseling, outpatient clinics, partial hospitalization and now private practice. She utilizes a trauma informed background and approach to address different concerns such as, but not limited to: anxiety, depression, trauma and PTSD, relationship issues, substance use and addiction, self-esteem, behavioral disorders and other life transitions or stress/conflict. She uses a variety of techniques and interventions that she's been educated and trained in such as EMDR, CBT, DBT, schemas, play therapy, MI and SFBT. However, Ashley does not believe that just the interventions are important. They are a very helpful tool, but she also makes sure to use a person-centered approach to individualize your care to meet your needs. Ashley states, "let me help you grow through what you go through"!

Ashley accepts the following insurances: Highmark BCBS and Independent Health (does not include Medicaid/Medicare plans); Ashley also accepts Private Pay.

\*for VA clients- private pay only/no insurance plans accepted

**Coming Soon:**

**John Hider, LCSW-R**

**Mary Jane Szydowski, LMHC**

**Jessica Weaver, LMHC, CASAC**

# Additional Services



## John Corcoran, PT, DOMP

**Integrative Physical Therapy of WNY, PLLC**

**Phone: (716) 800-7725 or Email: [iptwny@gmail.com](mailto:iptwny@gmail.com)**

**Website: [www.iptwny.com](http://www.iptwny.com)**

John accepts private pay clients. FSA/HSA payment is also accepted.

John provides unique hands-on manual therapy services with an integrative approach. John's approach and skills address each individual through the somatic realm where the particular events or traumas are made manifest through the body, which then affect the individual's postural, biomechanical, and autoregulatory function. For some individuals, this may present as pain or migraines; for others it may manifest as digestive and other bodily system dysfunctions.

Ultimately, emotional and mental stressors can present as a wide variety of physical signs and symptoms and can exhibit themselves in a particular pattern through the body. Instead of looking for a "where it hurts is where the problem is", John's approach looks at the patterns within the body and thus how the tissues have adapted around life stressors, experiences, or traumas. By addressing these patterns in the body, it is possible to reduce the relative impact that the stressors and traumas have had on the individual. John's extensive education and clinical training in osteopathic manual therapy has provided him with unique skills in assessing and treating the body's complex interconnected systems using a wide range of manual techniques. This one-on-one manual therapy approach allows him to serve as a compliment to help individuals on their paths to well-being and health. John has been licensed as a Physical Therapist for over 20 years and for the past 11 years has been part of a thriving practice providing manual osteopathic care in St. Catharines, Ontario, Canada. He is thrilled to now have the opportunity to serve his local community in the WNY area.