

ELISSA SARNO, PRE-LICENSED PROFESSIONAL, PH. D.



Specialties:

- Relationship Issues
- Anxiety
- Self Esteem

About: The foundation of my approach to therapy is the relationship that I have with each client. I create a safe, comfortable environment by providing empathy, acceptance, genuineness, and a sense of humor. I provide a space in which clients can identify, express, and understand the origins of their emotions so that they may work toward better managing them. I have worked in several university settings, providing individual and group therapy to undergraduate, graduate, and professional (law, medical, and business) students, as well as in community mental health settings. I have experience working with clients to address a wide range of concerns, including anxiety, depression, relationship issues, adjustment difficulties, eating and body image concerns, social identity concerns, and struggles with low self-esteem and self-worth. I have an interest in working with students, those who are new to therapy, and those who struggle with anxiety, particularly in the context of high-stress and competitive work or school environments.