

Safe Harbor Counseling Services

Description:

Laura Mazzotta, LCSW has specialized training and experience in eating disorders, adolescence, anxiety, and trauma. She takes a direct, strengths-based approach to counseling and encourages families to be involved in treatment. Laura is a NYS licensed clinical social worker with a Master Degree in Social Work from Fordham University. She attends several professional conferences per year, and is committed to continuing education to ensure the highest quality of client care.

In addition to her private practice, Laura has served as a social worker in inpatient psychiatric hospitals, therapeutic high school and middle school programs, and a hospital crisis team. She has also presented informational workshops at area schools and community centers. Using a combination of self psychology and cognitive-behavioral techniques, Laura's approach is empathic, supportive and solution-focused. However, therapy is a unique process for each client, couple, or family, so a variety of tools may be

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