

# TACONIC COUNSELING GROUP

*Counseling and Psychotherapy for Children, Adolescents, and Adults*

MARIA ALBA-FISCH, PH.D.  
ELISHA S. FISCH, PH.D.  
MARSHA L. SHELOV, PH.D.  
PATRICIA G. THOMAS, PH.D.  
NANCY J. ULRICH, PH.D.  
MICHAEL A. WESTERMAN, PH.D.

Phone (845) 896-7787  
12 Broad Street  
Fishkill, N.Y. 12524  
Other Offices:  
Poughkeepsie  
Mt. Kisco  
Scarsdale  
[www.taconicnet.com](http://www.taconicnet.com)

## Fact Sheet

The Taconic Counseling group is primarily located in Fishkill, New York, with additional offices in Poughkeepsie, Mt. Kisco and Scarsdale. It consists of a team of private practitioners trained in a wide variety of treatment modalities, providing psychotherapeutic and diagnostic services to children, adolescents, adults, couples, and families.

Services include:

- *Individual counseling and psychotherapy for children adolescents, and adults*
- *Marital and family therapy*
- *Neuropsychological testing, Learning evaluations*
- *Stress reduction and pain management*
- *Therapeutic hypnosis*
- *Structured short-term therapy programs for:*
  - *Job loss and job stress*
  - *Symptomatic children in divorced families*
  - *Coping with chronic physical illness*
  - *Last-Ditch High-Intensity pre-divorce intervention*
- *Brief, child-centered family therapy (divorced or intact families)*
- *Consultation to business, schools, organizations*

*Members of the practice:*

**Maria Alba-Fisch, Ph.D.**, a licensed psychologist, received her doctorate from Columbia University and received further specialized training in the evaluation of children and their families as Staff Psychologist at Downstate Medical Center, Department of Child and Adolescent Psychiatry. Dr. Alba-Fisch was later Chief Psychologist and Coordinator of the Children's Evaluation Unit at Peninsula Counseling Center in Woodmere, New York. She holds a Certificate of Specialization in Psychoanalysis and Psychotherapy from New York University Postdoctoral Program and has received training in the use of hypnosis and relaxation techniques. In conjunction with Dr. Marsha Shelov, she has developed and offers a short term therapy program for divorced families with symptomatic children. In addition to her clinical practice, Dr. Alba-Fisch works with lawyers, financial planners and other mental health practitioners to develop and co-direct the Collaborative Divorce Team of the Hudson Valley, making this non-adversarial process available to divorcing families in Dutchess County. She works as a divorce coach and a child specialist in helping families reorganize when divorcing so that they can provide the best solutions for all members, especially the children. Dr. Alba-Fisch practices in Fishkill and Mt. Kisco. She teaches extensively on the emotional and cognitive development of children and is both a supervisor and consultant to educators, pediatricians and mental health professionals. She also trains other professionals to develop and advance their work in Collaborative Divorce. She is a member of the American Psychological Association, the New York State Psychological Association, the Hudson Valley Psychological Association, and the Society for the Exploration of Psychotherapy Integration, the International Academy of Collaborative Professionals.

**Elisha S. Fisch, Ph.D.**, a licensed psychologist, received his doctorate from Columbia University. In addition, he holds a Certificate of Specialization in Psychoanalysis and Psychotherapy from New York University's Postdoctoral Program. Dr. Fisch specializes in the treatment of older adolescents, adults, and couples and in helping people cope with job loss, job stress, and back pain. He taught group counseling in the Department of Applied Human Development at Columbia University where he was on the faculty for seven years. As a Research Assistant at the Center for Policy Research, he conducted research on communication in marriage. He was a Staff Psychologist and Supervisor of Psychotherapists at the Fifth Avenue Center for Counseling and Psychotherapy. Prior to that, he was associated with

the Columbia University Counseling Service. He was trained in Couples and Family Therapy at the Nathan W. Ackerman Family Therapy Institute in New York City. In recent years, Dr. Fisch has received training in the use of hypnosis for stress and pain management, and as an integral part of general psychotherapy, as well as EMDR certification. Additionally, he has served as a management consultant to organizations and businesses. He has done research on factors affecting personal satisfaction. Dr. Fisch is a member of the American Psychological Association, the New York State Psychological Association, the Hudson Valley Psychological Association, the Westchester Psychological Association, and the Society for the Exploration of Psychotherapy Integration. Dr. Fisch practices in Fishkill and Mt. Kisco.

**Marsha L. Shelov, Ph.D.**, a licensed psychologist, received her doctorate from New York University. Dr. Shelov specializes in the treatment of couples, families, and individuals. She has expertise in the treatment of post traumatic stress disorder, in the use of hypnosis and guided imagery in the treatment of anxiety disorders, sleep disturbance, stress, and pain control. Dr. Shelov completed training in psychoanalytic psychotherapy at the Long Island Consultation Center where she later served as director of family and child services. She has extensive postgraduate training at the Nathan W. Ackerman Family Institute in New York City. Dr. Shelov was on the faculty of the Long Island Institute for Mental Health where she taught and supervised mental health professionals in marital and family therapy. She has completed a training program in Ericksonian Hypnosis. Dr. Shelov has recently received a certificate in Trauma Studies from New York University. From 1999-2004 she was a member of the core faculty of the International Trauma Studies Program at New York University. She is a member of the American Psychological Association, the New York State Psychological Association, and the Hudson Valley Psychological Association. Dr. Shelov practices in Fishkill and in Scarsdale.

**Patricia G. Thomas, Ph.D.**, a licensed psychologist, received her doctorate from the Derner Institute of Advanced Psychological Studies of Adelphi University. Dr. Thomas began her clinical training at the University of Chicago Orthogenic School. In addition to her work with adults, couples, and children, she has expertise in neuropsychological diagnostic testing and consults to teachers and parents about children's learning styles. As a coach and child specialist, she works with teams of lawyers and financial consultants to help couples to resolve divorce collaboratively. In a program sponsored by the Open Society Institute/Soros Foundation, Dr. Thomas consulted with professionals in the emerging nations of post-Communist Eastern Europe on problems of child abuse and trauma. She has held the position of Assistant Unit Coordinator and Senior Psychologist in the Child and Adolescent Psychiatry Division of the Queens Hospital Affiliation – Long Island Jewish Hospital. She was an adjunct clinical supervisor at Roosevelt/St. Luke's Hospital and the Ferkauf Graduate School of Psychology of Yeshiva University. Dr. Thomas is a member of the American Psychological Association, the New York State Psychological Association, The Hudson Valley Psychological Association, the Hudson Valley Collaborative Divorce and Dispute Resolution Association, and the International Association of Collaborative Professionals. Dr. Thomas practices in Fishkill, Poughkeepsie, and Washington, Connecticut.

**Nancy J. Ulrich, Ph.D.**, a licensed clinical psychologist and certified school psychologist, received her doctorate from the Derner Institute of Advanced Psychological Studies of Adelphi University. She is currently engaged in postdoctoral training at the New York University Postdoctoral Program in Psychotherapy and Psychoanalysis. Dr. Ulrich works with children, adolescents and adults. Prior to joining Taconic Counseling Group, she served as the Chief Psychologist at the Herbert G. Birch Early Childhood Center, in Springfield Gardens, New York, and as an Adjunct Professor of developmental psychopathology at Queens College, City University of New York. She has also been the Clinical Director of Birch Family Camp, which hosts families affected by HIV and AIDS for a summer camp program. Currently, she serves as an Adjunct Clinical Supervisor at Pace University's graduate program in Clinical-School Psychology. Dr. Ulrich practices in Fishkill and Manhattan. Dr. Ulrich's areas of specialty include psychotherapy to address relationship or career decisions, or sexual identity concerns. She also conducts psychological and neuropsychological testing and assessment of children and adolescents.

**Michael A. Westerman, Ph.D.**, a licensed psychologist, graduated from Harvard College and received his doctorate from the University of Southern California. His practice includes psychotherapy with adults, marital therapy, and treatment of children, adolescents, and their families. Areas of special interest include interpersonal relationships (including dating relationships, marital relationships, and other family relationships), the transition from high school to college, and helping people cope with the psychological consequences of chronic physical illness. Dr. Westerman is an Associate Professor in New York University's Psychology Department, where he previously served as the Director of Clinical Training of the doctoral program in clinical psychology. Dr. Westerman conducts research on interpersonal behavior and psychotherapy. He pursues some of this research as a member of the Consulting Faculty in the Department of Psychiatry & Behavioral Sciences, Beth Israel Medical Center. Dr. Westerman has published extensively on clinical issues. Currently, he is a member of the editorial boards of the Journal of Counseling Psychology and the Journal of Research in Personality, and he previously served on the editorial board of the journal Psychotherapy Research. Dr. Westerman completed a postdoctoral fellowship in developmental and clinical child psychology at the University of Denver. He is a member of the American Psychological Association, the New York State Psychological Association,

the Hudson Valley Psychological Association, the Society for Psychotherapy Research, the Society for the Exploration of Psychotherapy Integration, and the Society for Interpersonal Theory and Research. Dr. Westerman practices in Fishkill.

**Clinical Conference:**

As part of its collegial orientation, the Taconic Counseling group holds a regularly scheduled weekly Clinical Conference in which members of the practice collaboratively address therapeutic issues. Group members also collaborate in researching and developing specialized treatment programs such as our job loss and job stress series, our brief, child-centered therapy program for divorced families, and our 'Last Ditch' program for couples contemplating divorce.