

I am scheduling video appointments.
I use a secure, easy to use video app that clients can use with an iPhone, tablet, or smart phone.

Giesele Fitzsimmons, MSW, LCSW

Licensed Clinical Social Worker / CT License No. 10365
(203) 241-4128 / giesele@thetherapyspot.org



About / We are all different... each client-therapist relationship is also. Let's find the type of therapy that suits you and your goals. The therapeutic relationship is built on trust which is created in a safe, inviting, and comforting environment. Being present is important; for people to feel truly heard, understood, and supported. I understand the gravity of what it means to sit with someone in their truth... in their grief and in their joys. I meet people just as and where they are.

We best serve others by seeing them as a whole within the context of their environment. This includes their mental wellness (state of mind), physical wellness (state of body,) and spiritual wellness. It's important to understand the lens in which people see themselves and the world around them.

Qualifications

Years in Practice: 16 Years
MSW: Rhode Island College, 2009
BSSW: Salve Regina, 2004

Certificates

National Association of Social Workers
Association of Oncology Social Workers
Both since 2008

Location

Currently offering services by video only & work in the greater Tri-State area, based in Southern, CT.

Hours

By appointment only. Regular session hours:
9am - 5pm, Monday - Friday

Services / I am available to provide psychotherapy & counseling for individuals, couples, and families as well as support group services. I also offer consultation, debriefing, and social work licensed clinical supervision.

Therapy Approaches / Cognitive Challenging, Refocusing, and Reframing, Communication Skills, Compliance Issues, Cognitive Behavioral Therapy, Exposure Therapy, Exploration of Coping Patterns, Exploration of Emotions, Exploration of Relationship Patterns, Guided Imagery, Interactive Feedback, Interpersonal Resolutions, Mindfulness Training, Preventative Services, Psycho-Education, Relaxation/Deep Breathing, Review of Treatment Plan/Progress, Role-Play/Behavioral Rehearsal, Structured Problem Solving, Supportive Reflection, Symptom Management

Specialties

Grief, Serious Illness, Spirituality, Transitions

Modality

Individuals, Couples, and Families with a focus on Adults and Older Adults

Mental Health Specialties

Elderly Persons Disorders, Impulse Control Disorders, Mood Disorders

Areas of Focus

Grief, Spirituality, Life Transitions, Serious Illness, Anxiety, Depression, Esteem & Identity, Workplace Issues, Women's Issues, Relationships, Family Conflict

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Complete Scope of Issue Experience

Addiction	Men's Issues
Adoption	Obesity
Alzheimer's	Obsessive-Compulsive (OCD)
Anger Management	Oncology
Anxiety	Oppositional Defiance
Behavioral Issues	Parenting
Career Counseling	Peer Relationships
Child or Adolescent	Pregnancy, Prenatal, Postpartum
Chronic Pain	Relationship Issues
Codependency	School Issues
Coping Skills	Self Esteem
Depression	Self-Harming
Divorce	Sex Therapy
Domestic Abuse	Sexual Abuse
Domestic Violence	Sleep or Insomnia
Dual Diagnosis	Stress
Eating Disorders	Suicidal Ideation
Emotional Disturbance	Teen Violence
Family Conflict	Transgender
Gambling	Trauma and PTSD
Hoarding	Traumatic Brain Injury
Infertility	Video Game Addiction
Infidelity	Weight Loss
Intellectual Disability	Women's Issues
Internet Addiction	Workplace Issues
Learning Disabilities	
Life Transitions	
Marital and Premarital	

Sessions / Individual 50 minutes \$150, Couple / Group 50 minutes \$220
Bereavement support groups available to the community. Please contact for details.

Insurance / Aetna, Anthem-BCBS, Husky / Medicaid

Payment / Accepted payment options are Cash or Check, Health Savings Account, All Major Credit Cards

Out of Network / If your insurance isn't listed above or you are uninsured we offer sliding scale rates.