

Anna Kogan, LICSW, MSW



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Specialization: Abuse & Neglect in Childhood, Anxiety, Attachment Disorders, Cross cultural/Multi-Racial Issues, Depression/Mood Disorders, Dissociation, Ego States

Therapy, Stress Management, Women's Issues

Insurances Accepted: Aetna, Beacon Health Strategies, Blue Cross/Blue Shield, HMO

Blue (see also BC/BS), Medicare, Tufts, Unicare, United Behavioral Health, United Health Care

Insurance Considerations: Sliding fee scale is available.

Self-Description: I believe that every person has a built-in capacity for and a drive towards healing. My client and I work as a team to determine the goals and directions for our journey. We focus on identifying and strengthening client's own resources and sense of his/her self, as well as using EMDR and Ego States therapy to reprocess any unresolved, traumatic or disturbing material. I believe in creating a safe and non-judgmental therapeutic space for my clients, where they can reconnect with their self in a loving way.

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