

Ellen Samimy Bio

Ellen Samimy, M.A., LMHC received her B.A. from Boston University (1990) and an M.A. in Clinical Psychology from University of Massachusetts (2007). Ellen has practiced clinical therapy and addiction treatment in mental health centers, hospitals, inpatient and outpatient programs, and in private settings.

Eight years of work as a mental health counselor provides Ellen with an extensive background, which helps her connect with all clients who are seeking support and transformation.

Ellen works with individuals, families, adults, adolescents and children – helping them identify behaviors they need to change and assisting in the design of specific therapeutic plans to practice and realize this change. She is strongly committed to building a healthy therapeutic relationship with clients, knowing that this relationship can model healthy bonds for couples, parents, work relationships, and family relationships. Ellen additionally helps clients focus on themselves, on the often-damaging inner self-view, and witnesses as the client's self esteem rises, perceived problems often diminish.

Specialties include: anxiety, depression, relationship problems; career/life transitions; addiction and recovery issues, including adolescent/family treatment; family therapy; parenting and family coaching/education; trauma resolution; and group therapy.