William (Bill) Wilensky

Licensed Clinical Social Worker # 70725

Bill holds a Master's Degree in Social Work from Columbia University and has been a Licensed Clinical Social Worker for over 20 years. His clinical practice is with adults and couples, both gay and straight. He strives to foster a safe and confidential space where clients can gain insight into what is currently impacting their functioning. Bill's approach to therapy is to focus on the present moment. He assists clients in setting realistic goals, and as immediately as possible, tries to motivate them to take the action steps necessary to feel healthier and happier right away.

Therapy is centered on increasing a client's awareness of any negative thoughts and core beliefs that may be responsible for poorly expressed emotions and maladaptive behaviors. Bill helps clients identify their strengths and develop individualized coping skills, which ultimately boosts self-esteem

and confidence. He has helped clients with issues including, but not limited to, addiction, ADHD, anger management, anxiety and stress, chronic illness, codependency, grief and loss, interpersonal conflict, life transitions, mood disorders, phobias, separation and divorce, and sexual identity.