



PSYCHOTHERAPISTS OF NEW YORK CITY

Insights from “Scraping” Psychology Today’s Website “Find a Therapist” for New York City Zip Codes

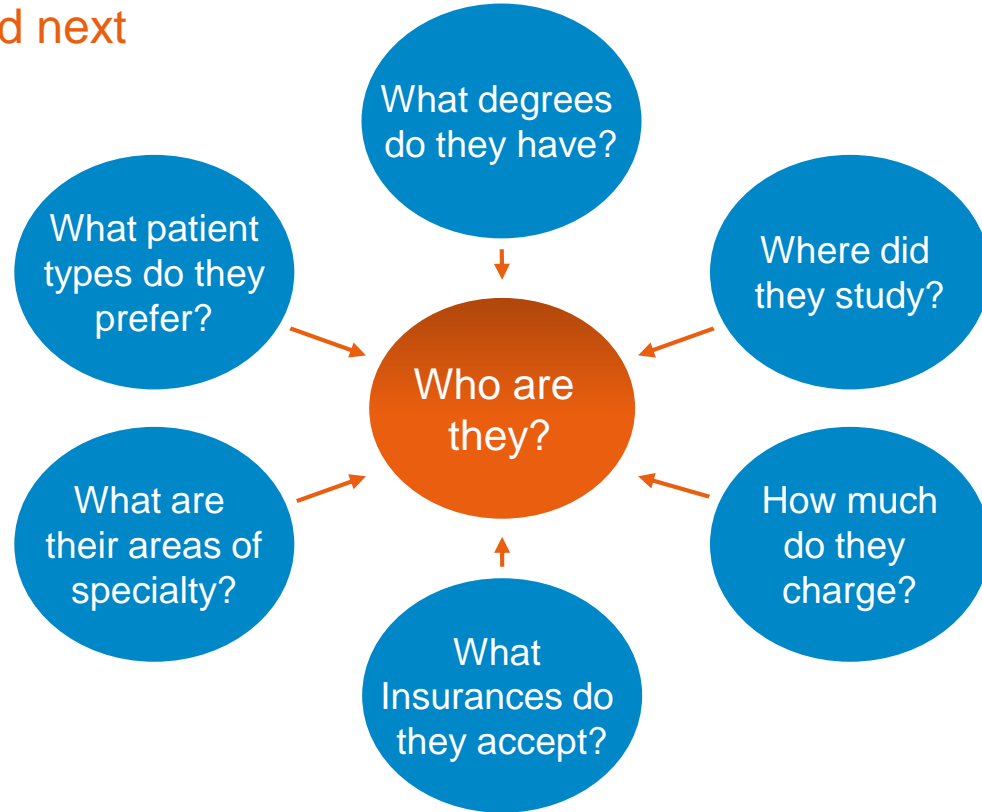
Dimitri Liakhovitski, PhD

About the Project

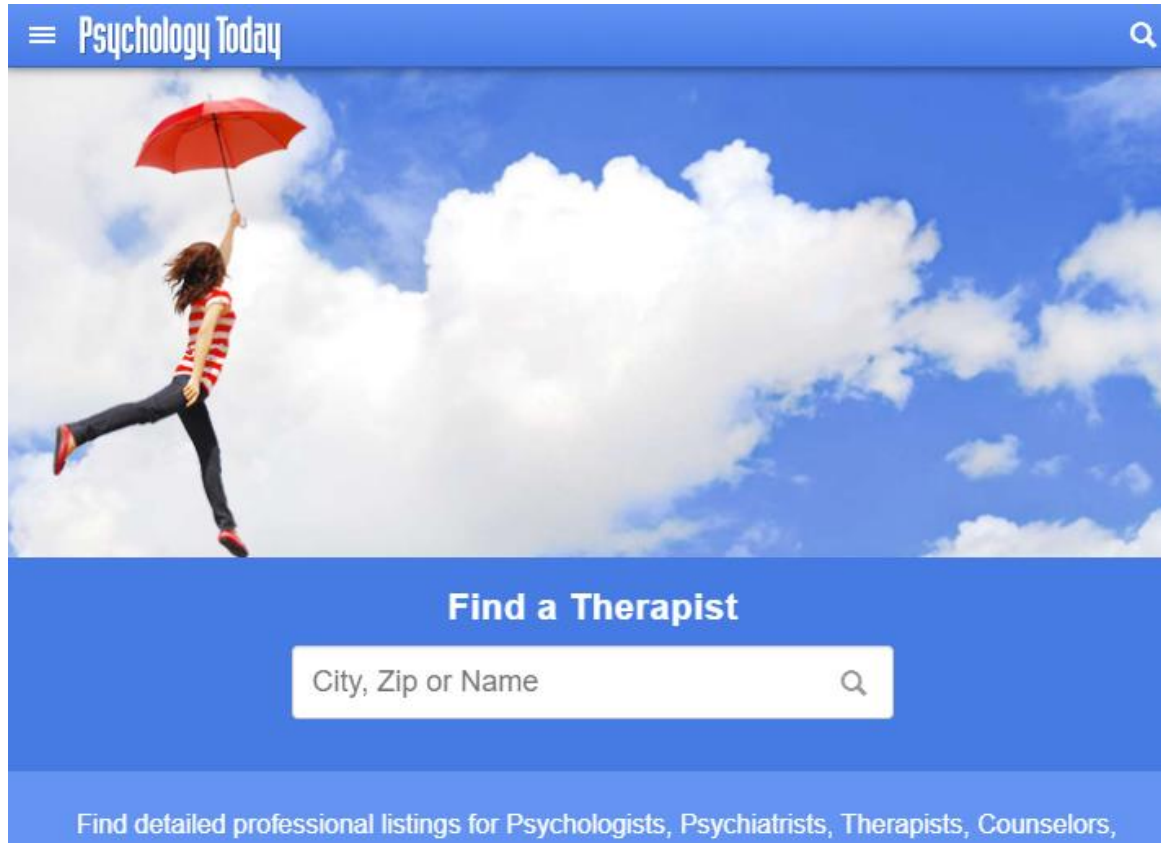
New York is a city with a well-established 'talk therapy' tradition. But who are those therapists? Information is hard to find.



Google it – you find next
to nothing!




Solution? Web scraping! But what web site?




Psychology Today's "Find a therapist" website is the premium self-advertising platform for psychotherapists.

Example: Results of therapist search in one zip code


Psychology Today
Therapists

[Log In](#)
[Sign Up and Get Listed](#)


[New Jersey](#)
>
07670
+



Therapists in 07670

Insurance

- Any Insurance
- BlueCross and BlueShield
- Cigna
- Medicare
- Aetna
- More +

Issues

- ADHD
- Addiction
- Anger Management
- Anxiety
- Child or Adolescent
- Depression
- Eating Disorders
- Relationship Issues
- More +

Sexuality

- Gay
- More +

Gender

Show all issues



Alexandra Dimant

Clinical Social Work/Therapist, LCSW

"I believe that my work is in helping clients walk less blindly through life. I try to ask questions to clarify the principles underlying the ways they relate to the world and others. I help not only with common problems



(646) 606-2466

Tenafly, New Jersey 07670

[View Profile](#)

[Email](#)



Vic Chaperon

Clinical Social Work/Therapist, LCSW-R

"Welcome!! Searching for the right therapist can be such an overwhelming process yet the fact that you're searching shows your resilience! I thoroughly enjoy working with all diverse cultures while

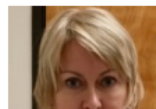


(917) 960-9927

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[View Profile](#)

[Email](#)



Elena Kardonsky

Clinical Social Work/Therapist, MSW, LCSW

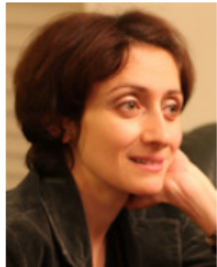
"As a professional psychotherapist I offer psychological counseling, support and empowerment and help you to navigate through the most



(917) 612-7100

Tenafly, New Jersey 07670

Example: Psychology Today page of one psychotherapist

[Email Me](#)[Send to Friend](#)[Set Up Video Call](#)[Website](#)

Alexandra Dimant

Clinical Social Work/Therapist, LCSW



(646) 606-2466

[About](#)[Photos](#)

Verified by Psychology Today

I believe that my work is in helping clients walk less blindly through life. I try to ask questions to clarify the principles underlying the ways they relate to the world and others. I help not only with common problems (anxiety, depression, PTSD, phobias, OCD, etc.) but also work with those whose issues are not easily captured by a diagnosis and are existential in nature. The so-called "worried well" come to uncover and work through the sources of internal struggles, in order to become their best selves and live a more fulfilling life. I am fully bilingual and practice in both English and Russian.

I tailor my approach to the specific needs and style of each patient. Thus, I can help with a localized problem using EMDR or CBT methods or untangle a deeper issue using existentialist and insight-oriented approaches. I am trained in the treatment of postpartum stress and help women in the first months after delivery.

I often incorporate elements of Western and Eastern philosophies to help elucidate the essential questions of Being we all grapple with. It has also been helpful to use meditation in my work, whether to foster relaxation or to help people gain greater clarity and mindfulness in their everyday life.

Location

Alexandra Dimant
116 Magnolia Avenue
Tenafly, New Jersey 07670
(646) 606-2466

[Email Me](#)[Show Map](#)[Nearby Areas](#)

Additional Location

Alexandra Dimant
311A West 50th Street
New York, New York 10019
(646) 606-2466

[Show Map](#)

Specialties

- Anxiety
- Depression
- Trauma and PTSD

[Back to Results](#)

Psychology Today page of one psychotherapist (cont'd 1)



Take the first step to help. Call or [Email](#) Alexandra Dimant now - (646) 606-2466

Issues

- Behavioral Issues
- Career Counseling
- Child or Adolescent
- Codependency
- Divorce
- Family Conflict
- Grief
- Life Transitions
- Obsessive-Compulsive (OCD)
- Parenting
- Peer Relationships
- Postpartum Depression
- Pregnancy, Prenatal, Postpartum
- Relationship Issues
- Self Esteem
- Sexual Abuse
- Spirituality
- Suicidal Ideation
- Women's Issues

Mental Health

- Mood Disorders

Client Focus

Alternative Languages: Russian

Age

- Adolescents / Teenagers (14 to 19)
- Adults
- Elders (65+)

Treatment Approach

Treatment Orientation

- Cognitive Behavioral (CBT)
- EMDR
- Eclectic

Qualifications

Years in Practice: 15 Years

School: New York University

Year Graduated: 2002

License No. and State: 44SC05345700 New Jersey

Psychology Today page of one psychotherapist (cont'd 2)

Qualifications

Years in Practice: 15 Years

School: New York University

Year Graduated: 2002

License No. and State: 44SC05345700 New Jersey

Finances

Avg Cost (per session): \$120 - \$160

Sliding Scale: Yes

Accepts Insurance: Yes

Accepted Insurance Plans

- | | |
|----------------------------|--------------------|
| • Aetna | • Oxford |
| • BlueCross and BlueShield | • UnitedHealthcare |
| • Cigna | • Out of Network |
| • Optum | |

Verify your health insurance coverage when you [arrange your first visit](#).

Additional Credentials

License No. and State: 073217 New York State

Certificate: The Postpartum Stress Center/Certificate of Completion

Certificate Date: 2010

Treatment Approach

Treatment Orientation

- Cognitive Behavioral (CBT)
- EMDR
- Eclectic
- Existential
- Humanistic
- Interpersonal
- Mindfulness-based (MBCT)
- Psychodynamic
- Relational

Modality

- Individuals
- Couples
- Family

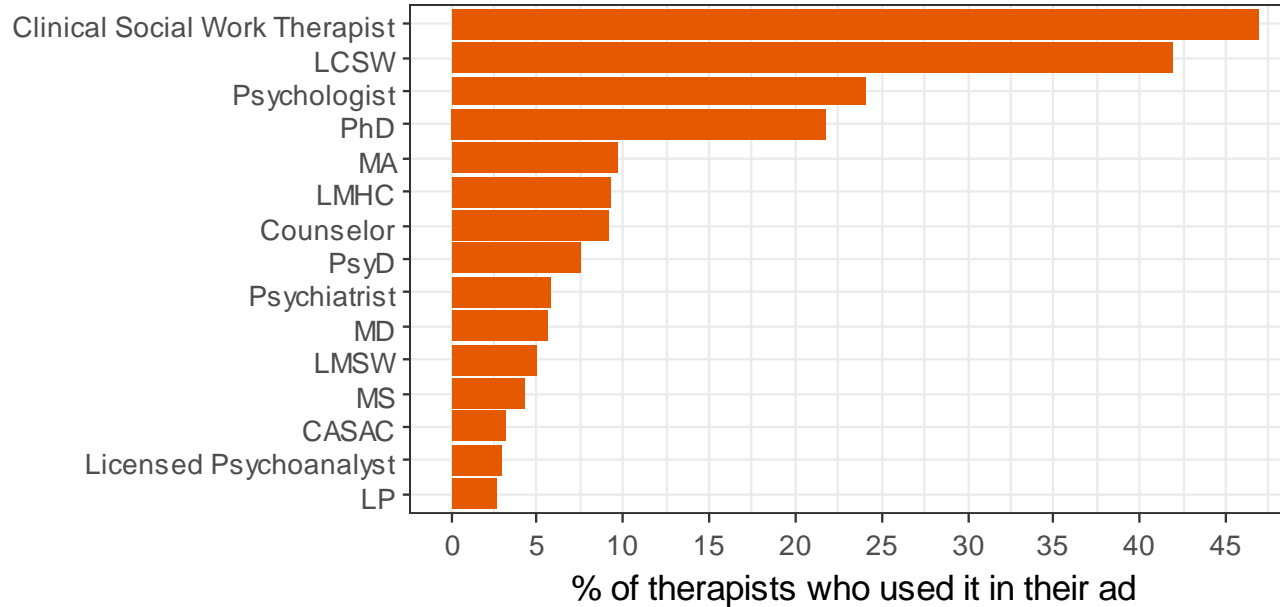
Project Steps



NYC Psychotherapists: Who Are They?

What did they study? What are their degrees?

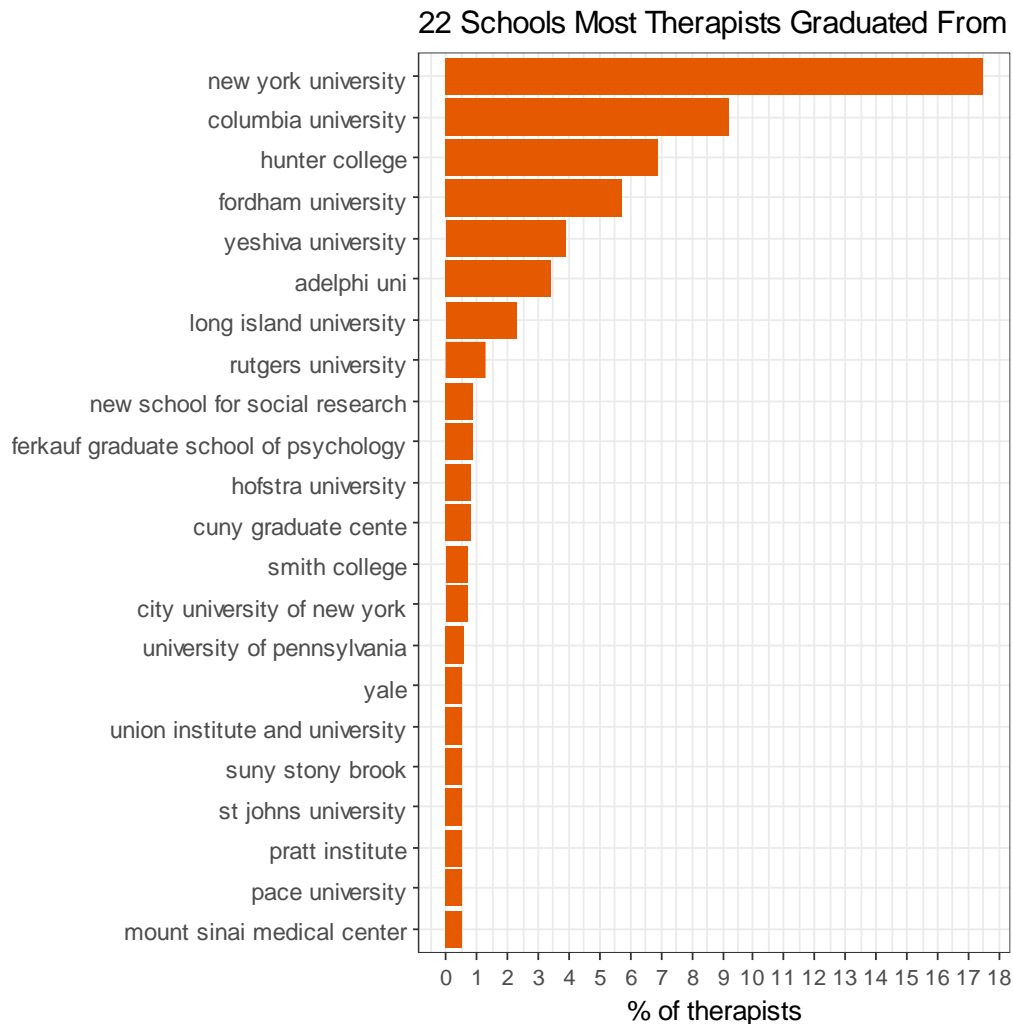
15 Most Frequently Used Therapist Titles



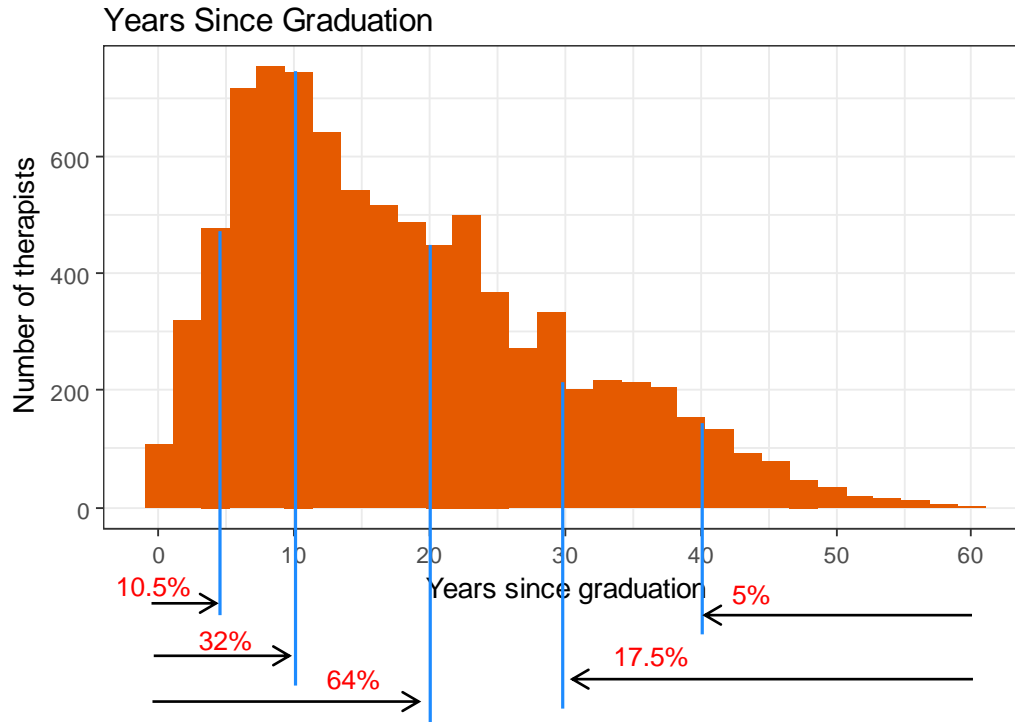
- Mostly Clinical Social Workers;
- followed by Clinical Psychologists (PhD)

Where did they study?

- Mostly schools in or around New York city
- NYU is in the lead

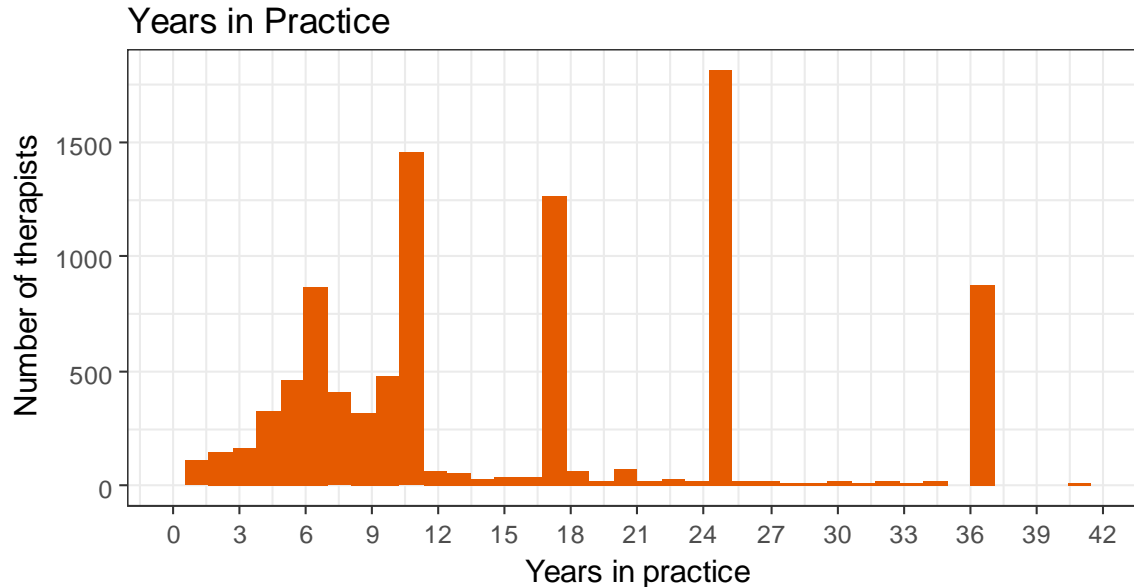


When did they finish their studies?



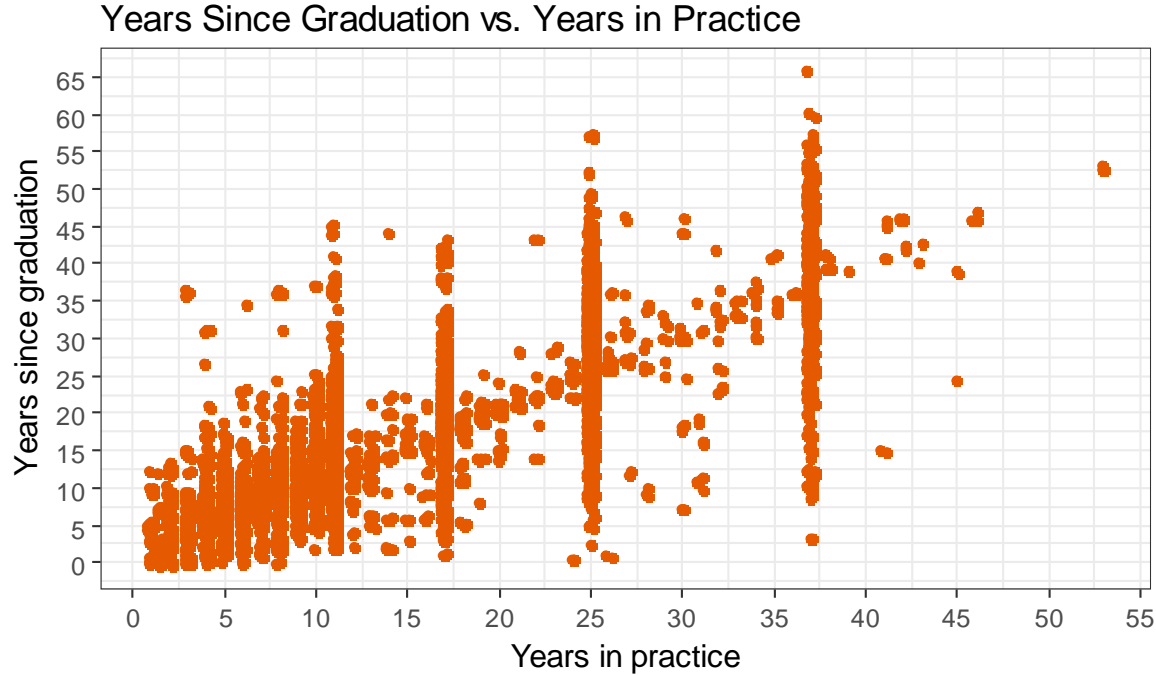
- Year of graduation is a “write-in” field
- Distribution looks normal

How long have they been practicing psychotherapy?



- Year they started their practice is also a “write-in” field.
- Weird spikes around 11, 17, 25 and 37 years in practice.

Years since graduation vs. years in practice

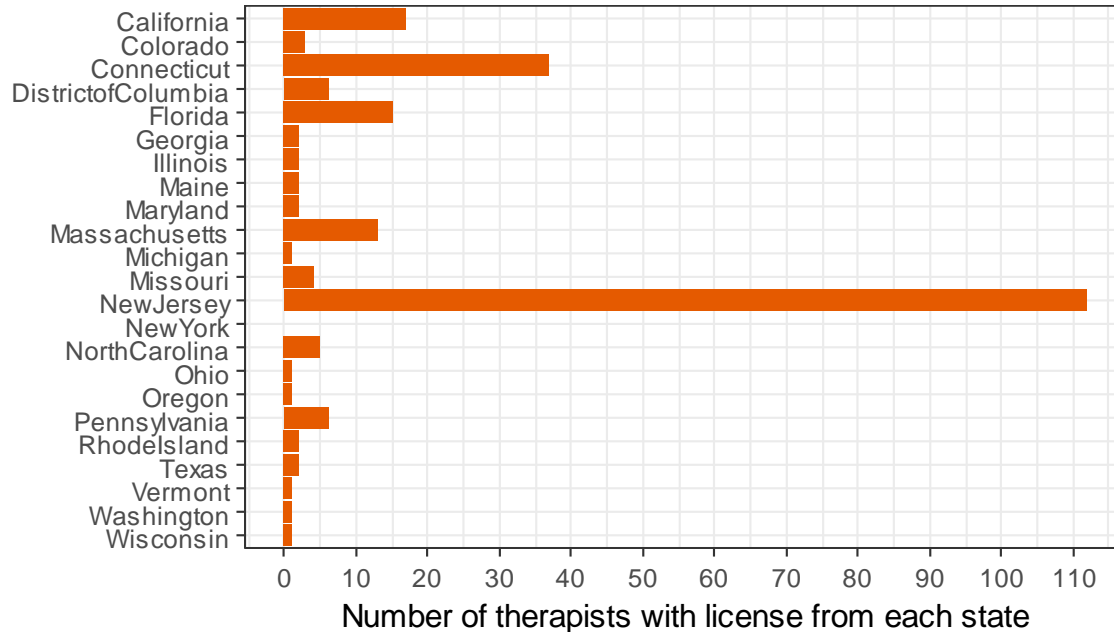


- They are correlated at 0.84, but:
- No explanation for weird spikes around 11, 17, 25 and 37 years in practice.

If you are practicing psychotherapy in NY State without a NY license, you are breaking the law, but...



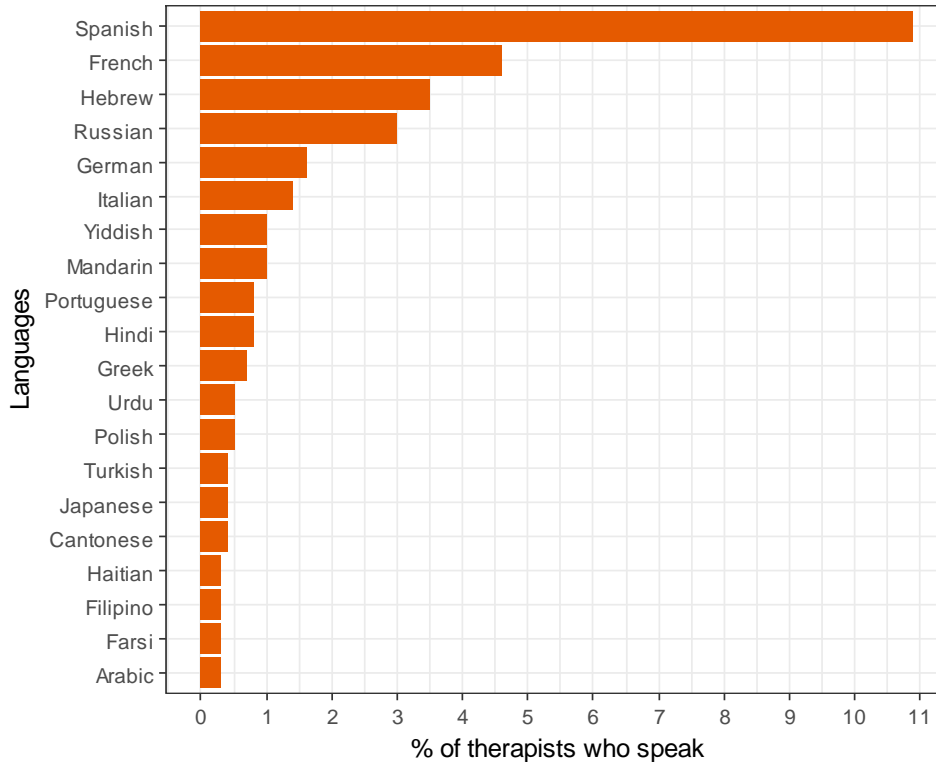
Therapists with Licenses from Outside New York State



- 236 therapist (1.9%) listed licenses from states outside NY
- Additional 379 therapists (3%) listed no license at all
- Are 4.9% of therapists breaking the law?
- Most of non-NY state licenses are from NJ, followed by Connecticut

Other languages they speak besides English

20 Languages (besides English) Most Therapists Speak



NYC Psychotherapists: Fees & Insurance Plans

How much do they charge per session?

Per one session fees listed ranged:

- on average, from \$135 to \$199
- Maximum fee listed was \$500
- Minimum fee listed was \$20
- 80% said they use sliding scale (i.e., willing to charge less in certain circumstances)

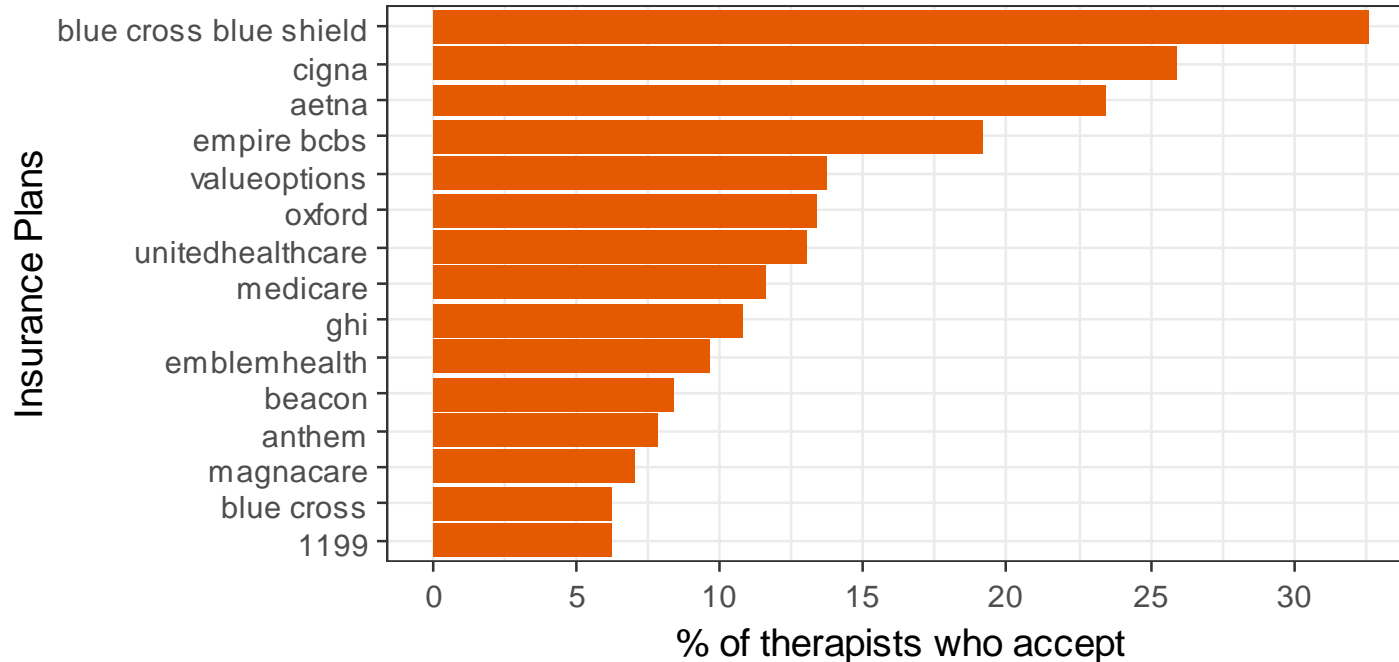
How much do they charge per session? Do they accept insurance?

Per one session fees listed ranged:

- on average, from \$135 to \$199.
- Maximum fee listed was \$500.
- Minimum fee listed was \$20.
- 80% said they use sliding scale (i.e., willing to charge less in certain circumstances).
- 71% of therapists say they accept insurance.
- But only 50% list at least one insurance plan they actually accept.
- Thus, 21% are not truly accepting insurance, despite their claim they do.

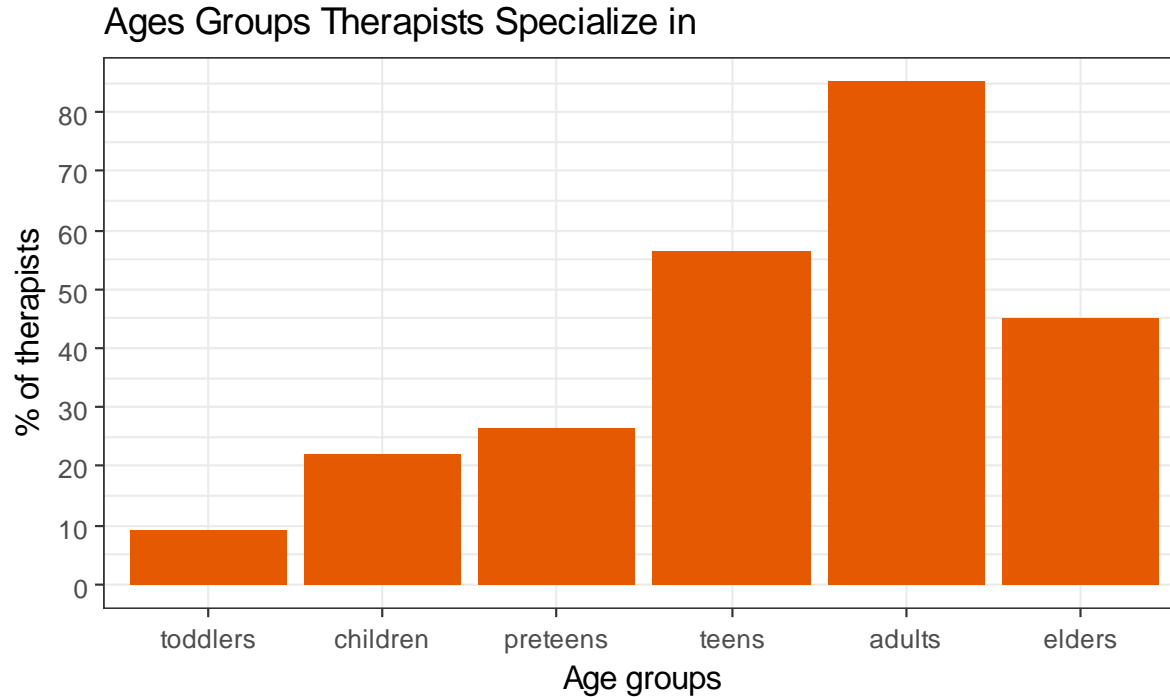
What insurance plans do they accept?

15 Insurance Plans Accepted by Most Therapists

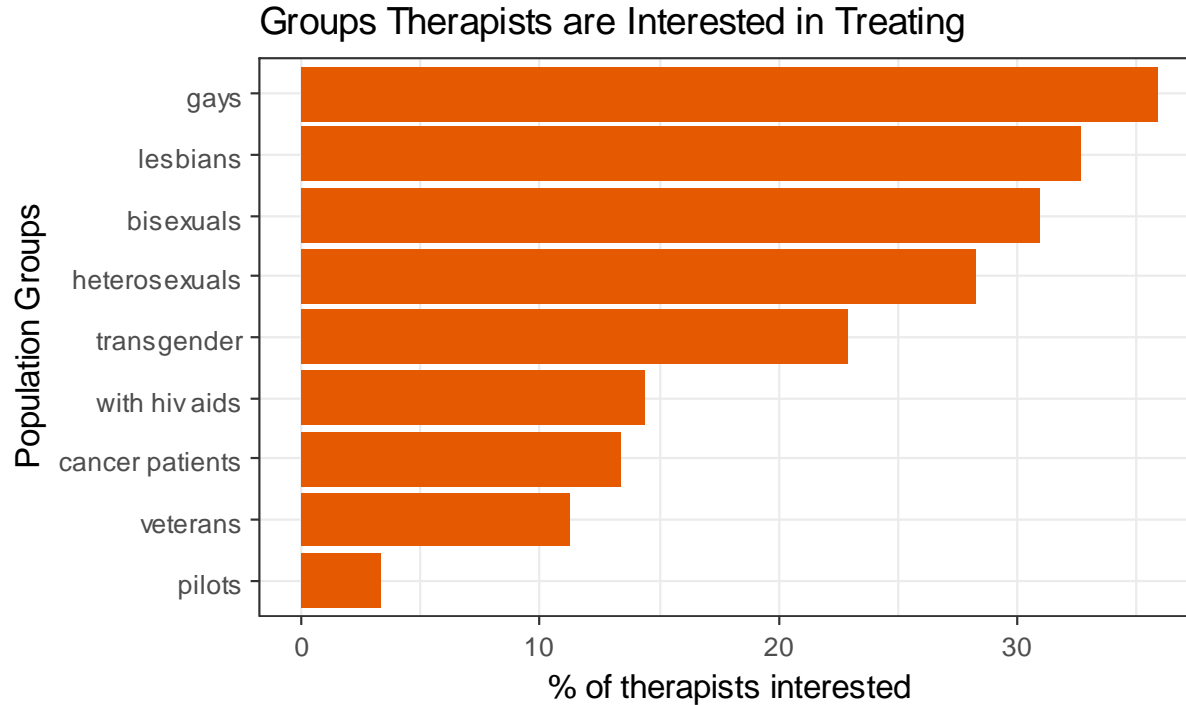


NYC Psychotherapists – Who Do They Focus on?

Age groups they specialize in

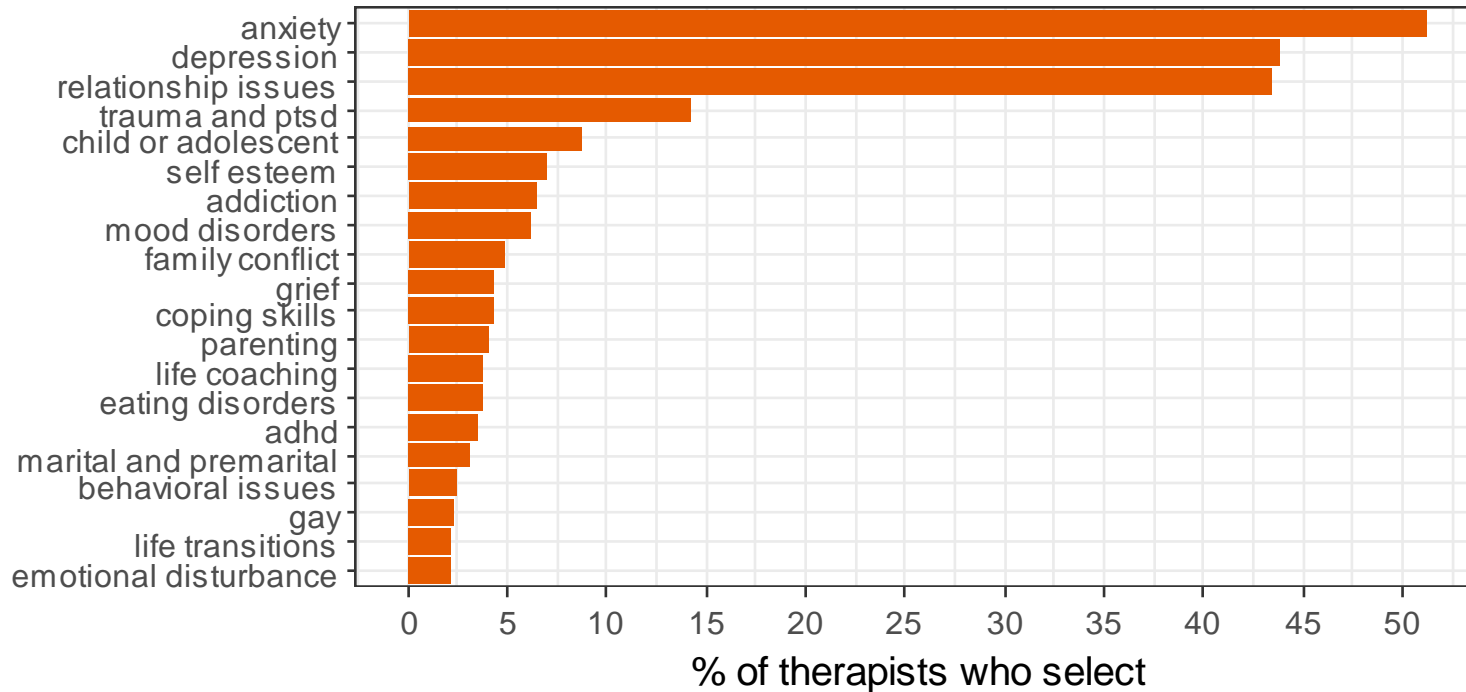


Special population groups they are interested in treating

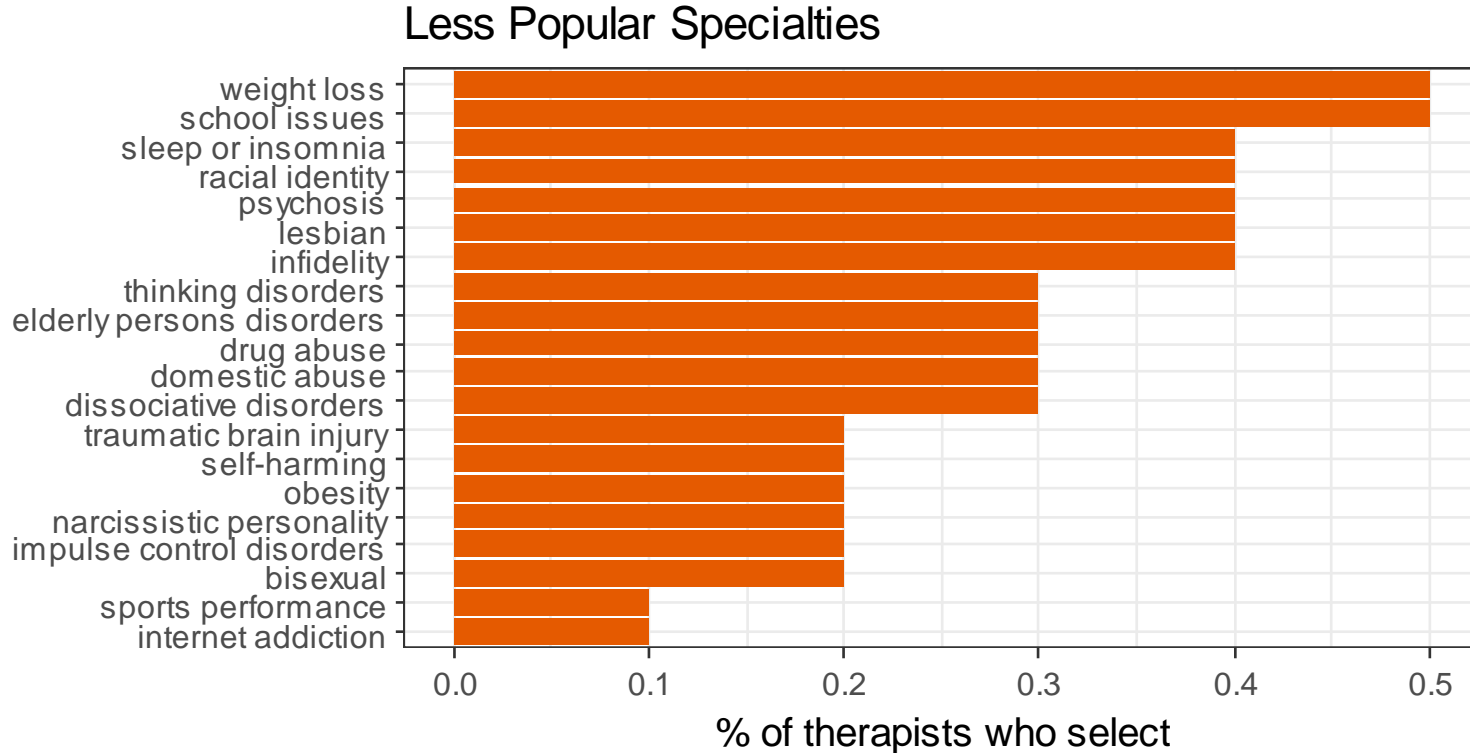


Most popular (among therapists) therapeutic areas of specialty

Specialties of Most Therapists

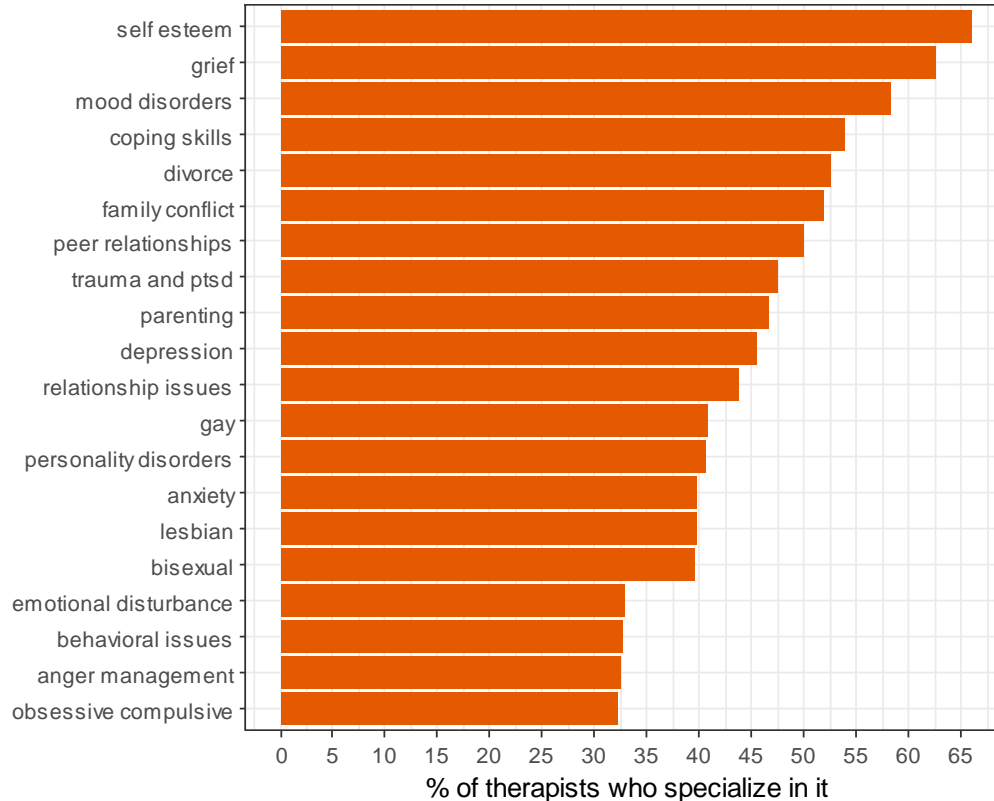


Less popular (among psychotherapist) specialty areas



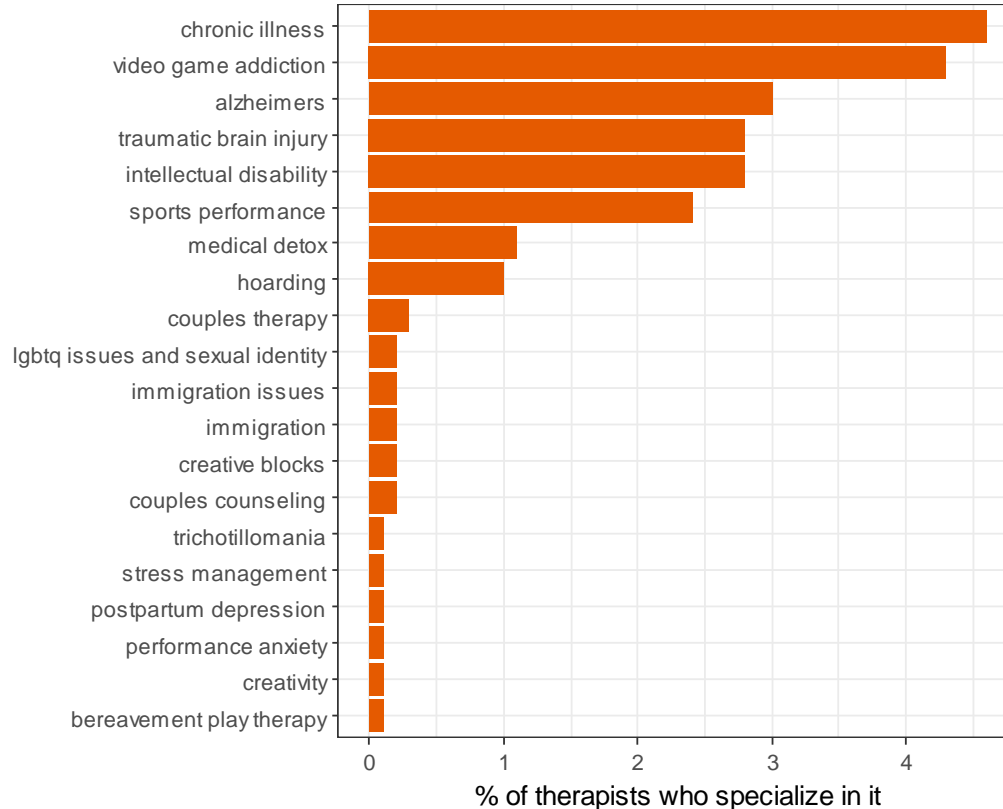
Issues therapists specialize in

20 Issues Most Therapists Specialize in



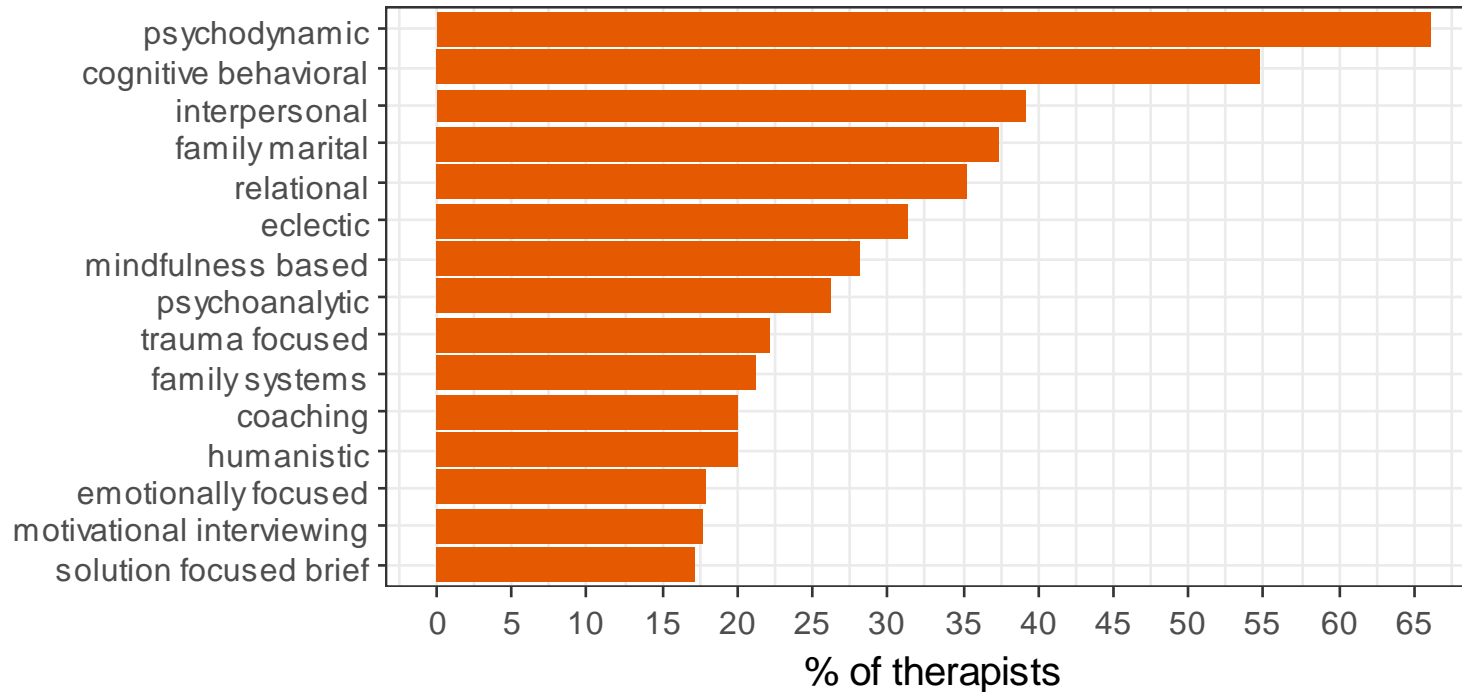
Issues few therapists specialize in

20 Less Popular Issues (from top 100)



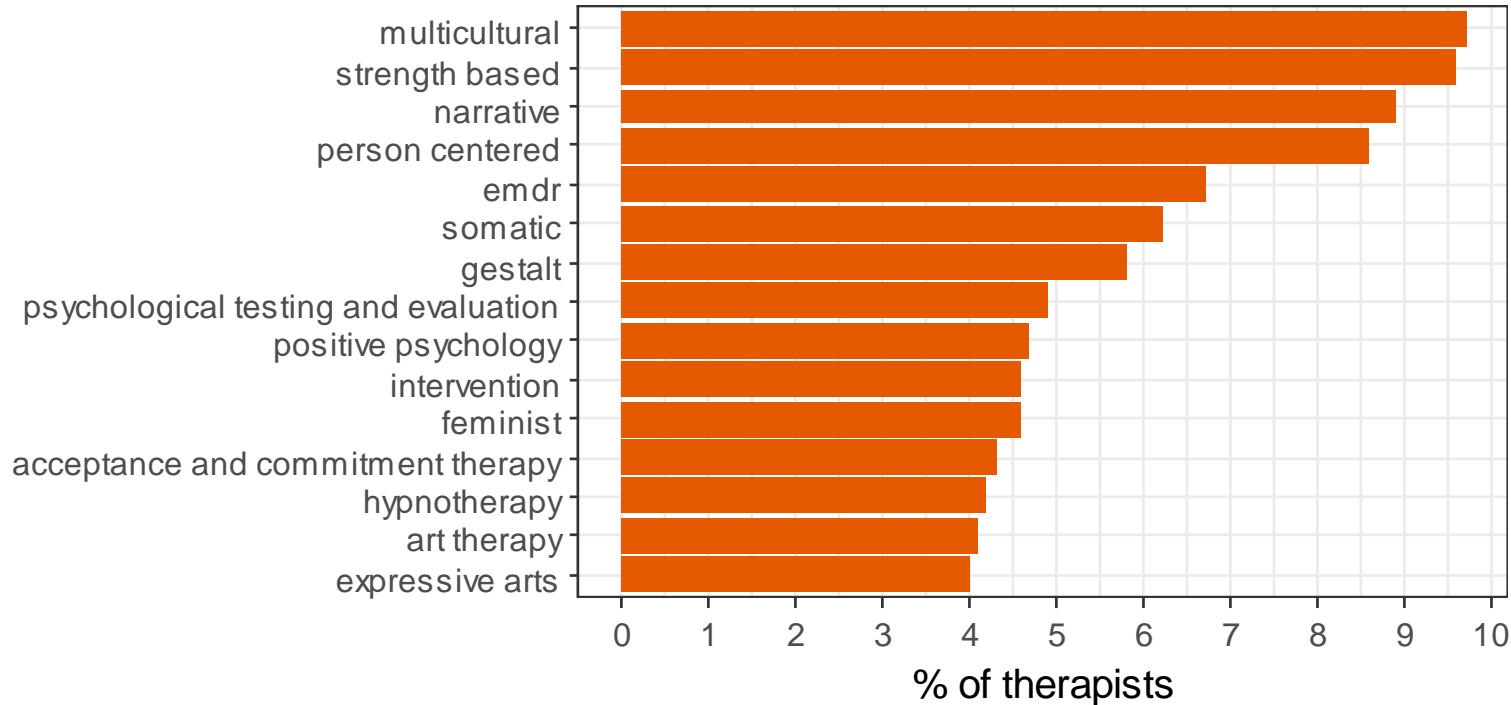
Therapeutic approaches therapists favor

15 Most Popular Therapeutic Approaches



Less popular therapeutic approaches

15 Less Popular Therapeutic Approaches

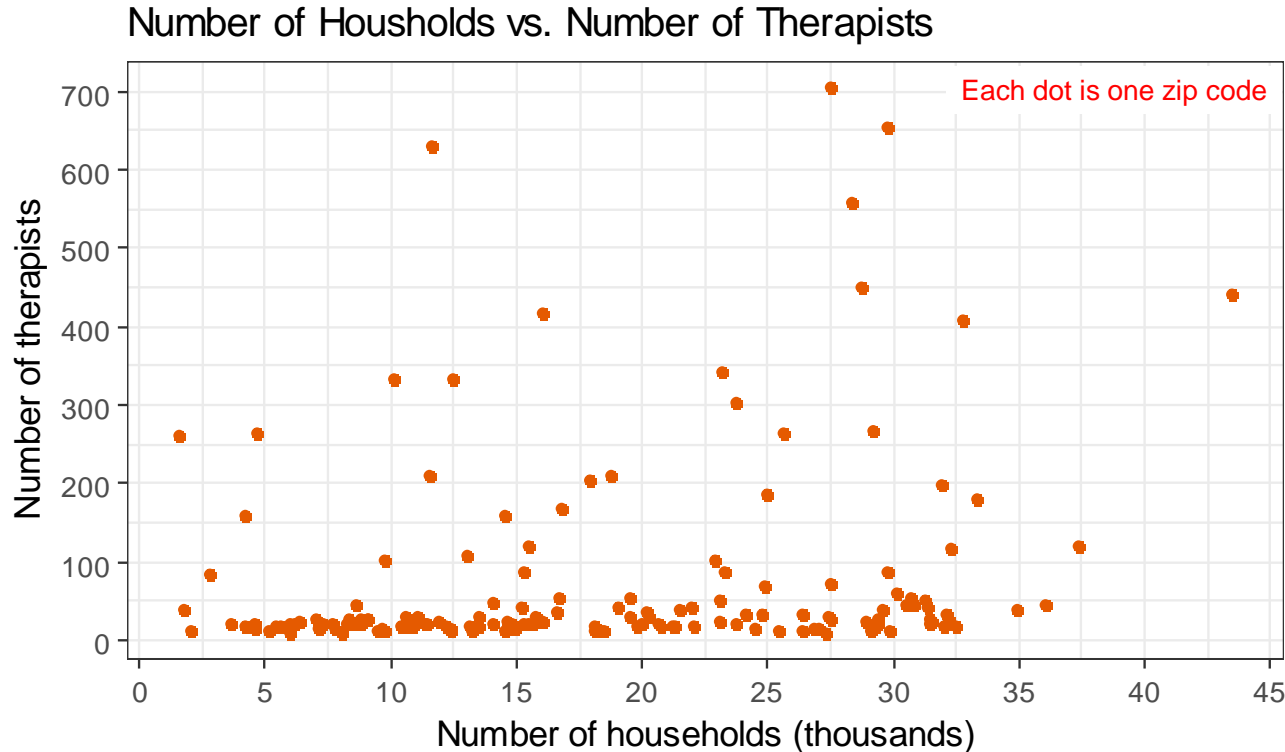


NYC Psychotherapists: What Zip Codes Have More Therapists?

Is the world just? Do zip codes with higher population have more therapists?



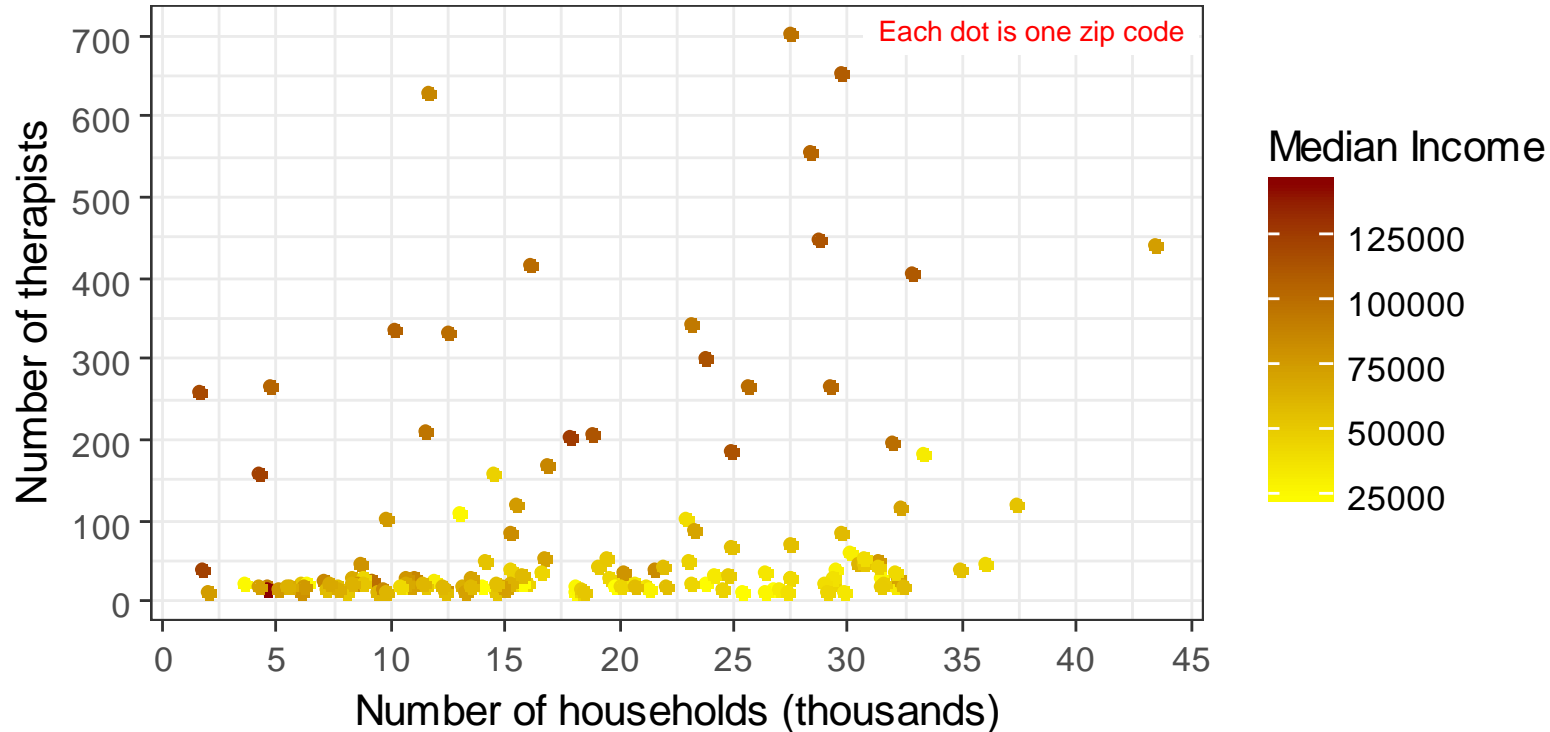
Is the world just? Do zip codes with higher population have more therapists?



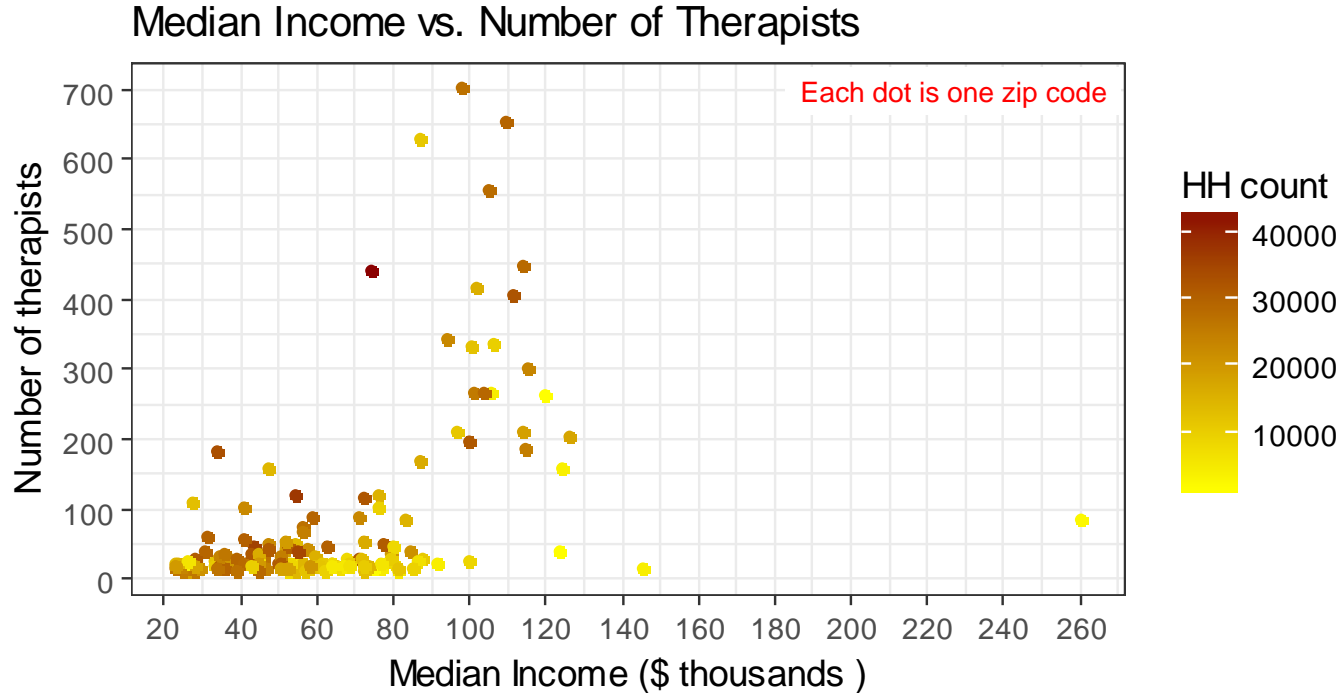
- No justice!
- Correlation of just 0.20
- Many zip codes with large population but few therapists
- Maybe median income per zip code also has an impact?

No wonder: Richer (darker) zip codes have more therapists

Number of Housholds vs. Number of Therapists



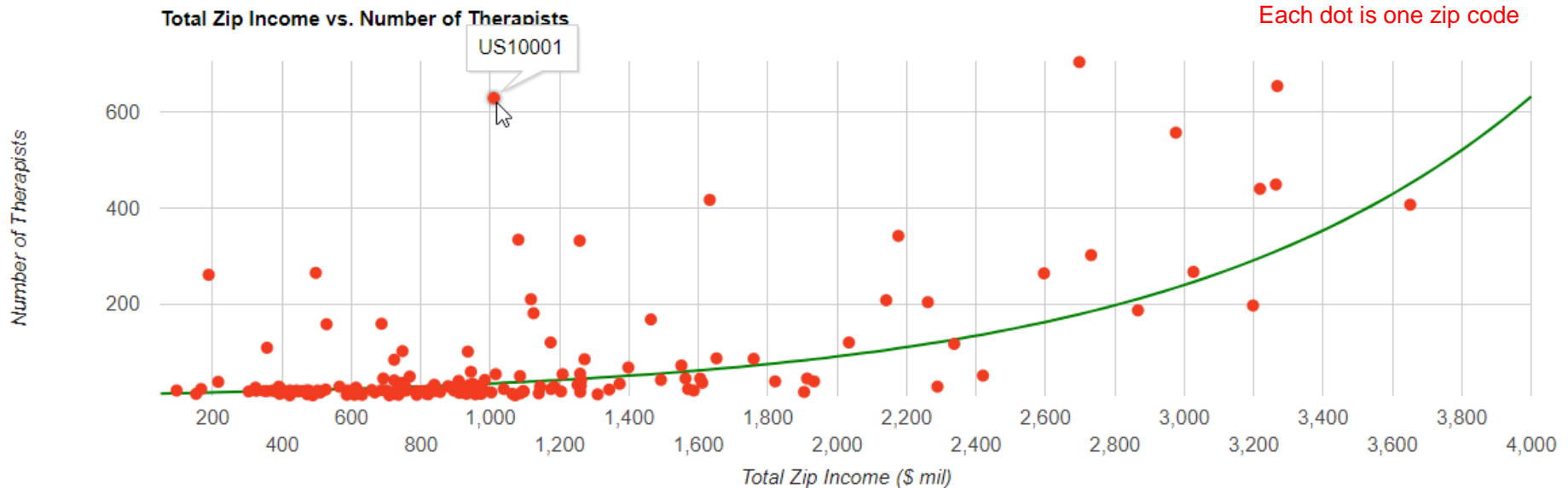
How about median income vs. number of therapists?



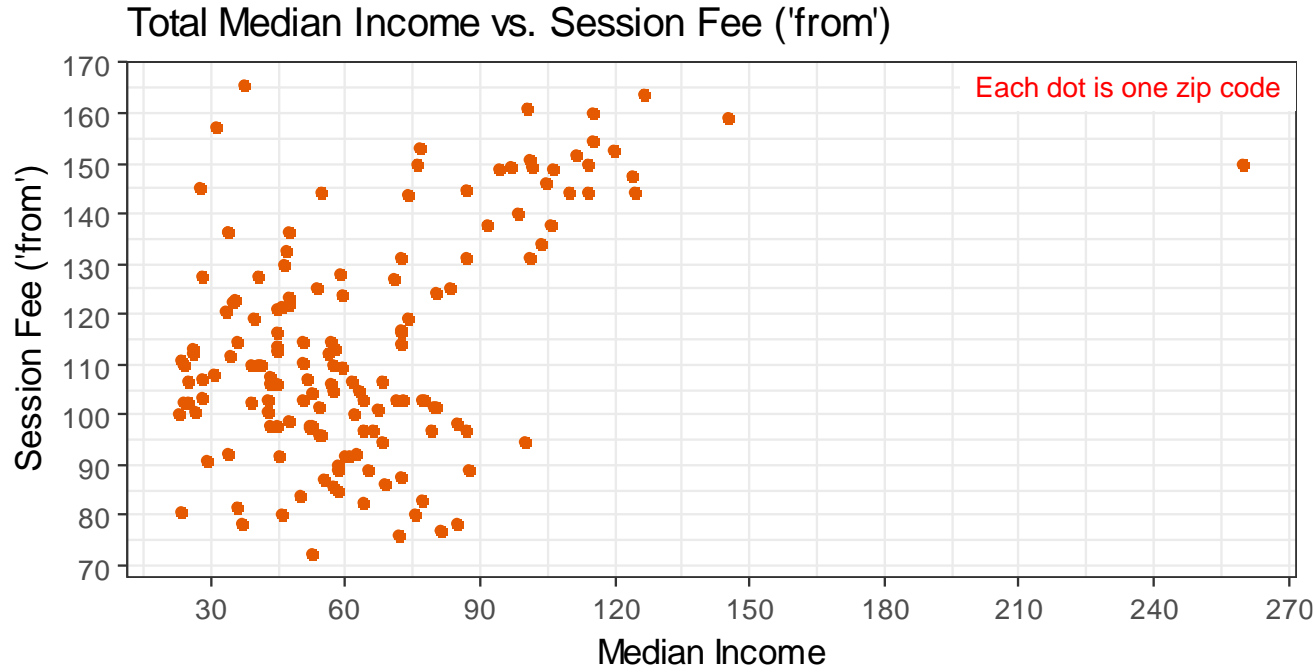
- Correlation of 0.48 (!)
- If both are logged, correlation is 0.51
- Higher income → more therapists
- Clearly, both population size AND income impact the number of therapists.

How about TOTAL income vs. number of therapists?

- Total income proxy = median income * number of households
- Correlation of 0.63 (!)



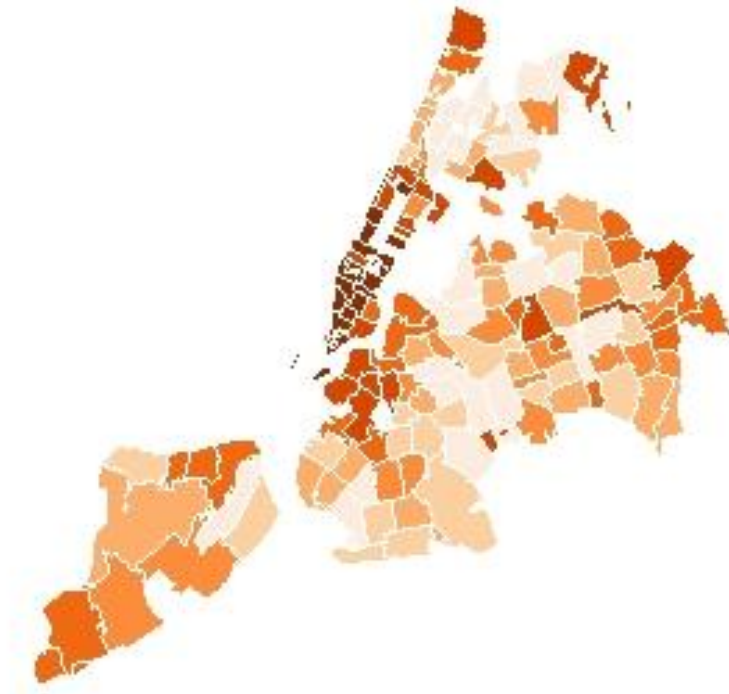
How about median income vs. session fee?



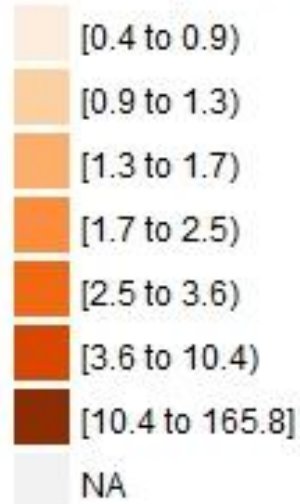
- Correlation of 0.44
- Higher income is associated with higher fees

Visualization of “therapist density” in NYC by zip code

Therapist Density in NYC

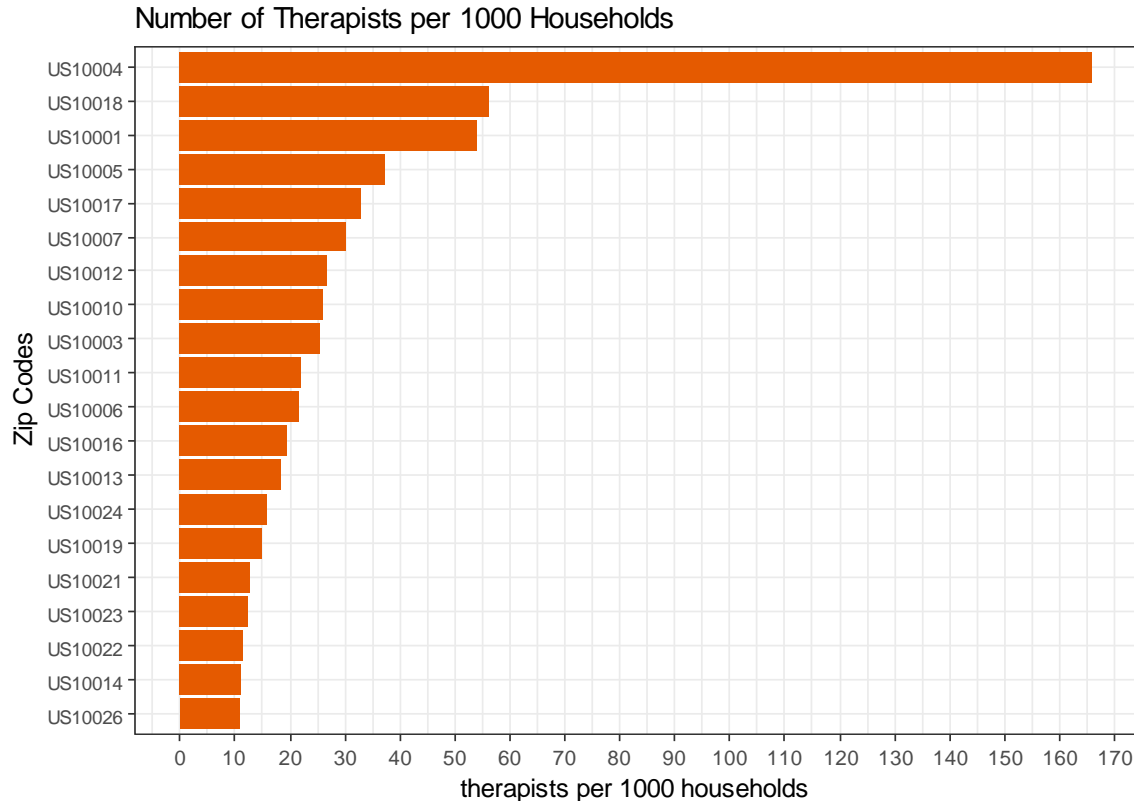


of therapists/1000 HHs



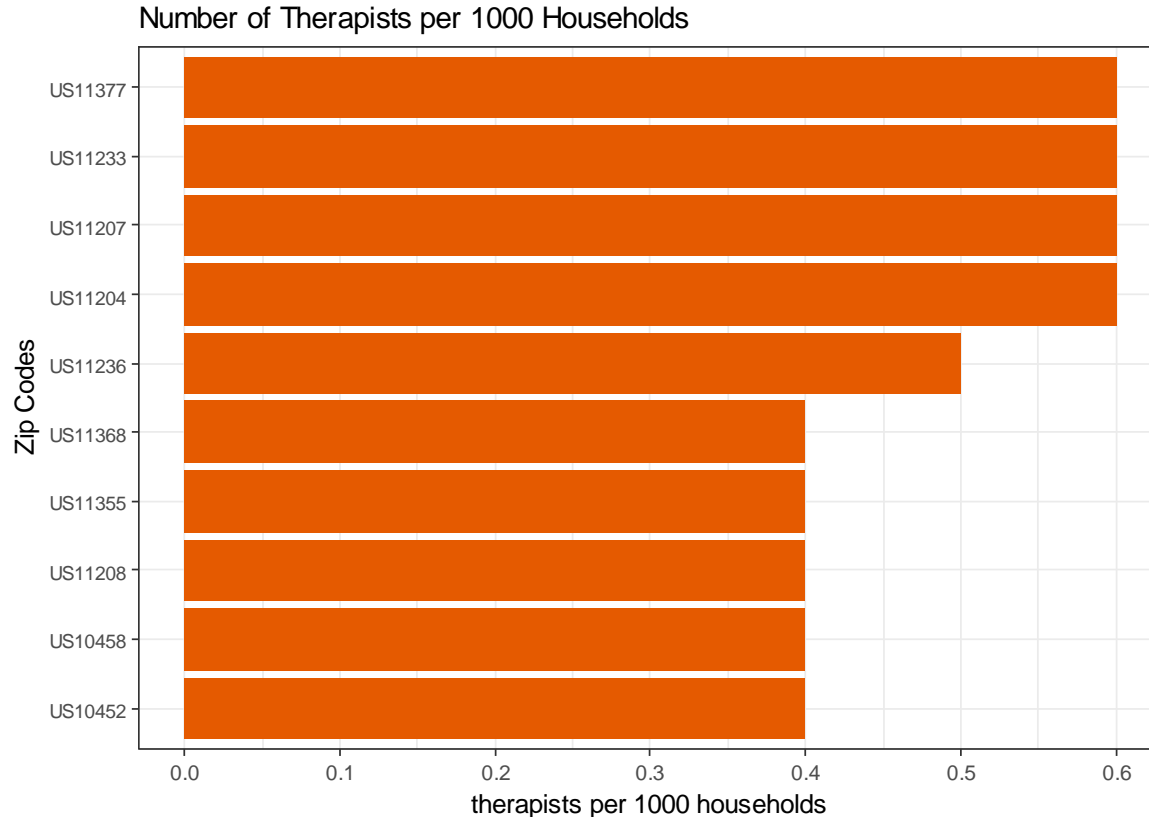
- “Density” = number of therapists per 1000 households

Zip codes with the highest “density” of therapists



- “Density” = number of therapists per 1000 households
- All these top zip codes are rich Manhattan zip codes

Zip codes with the lowest “density” of therapists



- “Density” = number of therapists per 1000 households
- All these top zip codes are the poorest neighborhoods – and they are outside Manhattan.

Directions for future research

- How do specialties / approaches / issues cluster?
- What therapist characteristics predict session fee and/or acceptance of insurance, and how?
- Collect additional data at zip level, e.g., number of people working in each zip code, to further study possible causes of differing therapist density.

Practical Implications of this data set:

- Therapist considering opening a practice in a given NYC zip code could gain valuable insights that allow them to differentiate themselves from competitors.

THANK YOU!
Q&A