



NY HEALTH HYPNOSIS & INTEGRATIVE THERAPY

177 Prince Street, 4th & 5th Fl., New York, NY 10012 • 646-537-1713 • info@nyhealthhypnosis.com

Why We Are a Unique Practice

At NY Health Hypnosis & Integrative Therapy, we know that most patient's difficulties are interconnected and complex. As such, we combine the use of hypnosis and mindfulness with therapy techniques, including psychoanalytically-informed psychotherapy, Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, and Acceptance and Commitment Therapy. We take an approach that is flexible and organic, striking a balance between deep analytic work and using hypnotherapy and mindfulness techniques to facilitate change.

Our Education

All of our therapists at NY Health Hypnosis & Integrative Therapy hold doctoral degrees from esteemed academic institutions and are licensed to practice psychotherapy. Additionally, each of our clinicians has obtained specialized training in hypnosis through distinguished hypnosis training programs, such as the American Society for Clinical Hypnosis (ASCH) and the Society for Clinical and Experimental Hypnosis (SCEH), as well as receiving ongoing training in hypnosis and mindfulness through practice collaboration and a variety of external continuing education programs. Given our advanced degrees, clinical licenses, and ample training in hypnotherapy and mindfulness, we are consummate professionals and top providers in our field.

Our Specialities

- Weight Loss, Binge Eating & Bulimia
- Habits & Addictions
- Sleep & Insomnia
- Confidence & Motivation
- ADHD & Concentration
- Anxiety, Stress, Fear & Phobia
- Clinical Depression & Postpartum Depression
- Smoking Cessation
- Infertility, Pregnancy & Parenting
- Trauma & PTSD
- Grief & Loss
- Relationship & Couples Therapy
- Chronic Pain



Meet our Clinicians



SERA LAVELLE, PhD

sera@nyhealthhypnosis.com

- New York (in-person and telehealth); Florida (telehealth only)
- Specialties: Eating Disorders, Anxiety, ADHD & Infertility



NOAH KASS, DSW, LCSW

noah@nyhealthhypnosis.com

- New York (in-person and telehealth); Florida (telehealth only)
- Specialties: Habits, Addictions, Anxiety, Confidence & Motivation



SAMANTHA GAIES, PhD

samantha@nyhealthhypnosis.com

- New York (in-person and telehealth); Florida (telehealth only)
- Specialties: Relationships, Insomnia, Trauma, Eating Disorders & Anxiety



SARA GLAZER, PsyD

sara@nyhealthhypnosis.com

- New York (in-person and telehealth); New Jersey & Florida (telehealth only)
- Specialties: Anxiety, ADHD, Insomnia, Infertility & Relationships



REBECCA HOFFENBERG, PsyD

rebecca@nyhealthhypnosis.com

- New York (in-person and telehealth); California & Florida (telehealth only)
- Specialties: Eating Disorders, Anxiety, Trauma, Habits & Addictions



KIMBERLY FISHBACH, PsyD

kim@nyhealthhypnosis.com

- New York (in-person and telehealth); Florida (telehealth only)
- Specialties: Eating Disorders, Habits, Pain, Anxiety & Insomnia



How We Practice

Our office is located in the heart of downtown Manhattan, NY, however, we are currently conducting all of our sessions online using a HIPAA-compliant video platform and plan to continue that modality for the foreseeable future. Moreover, due to the changing environment and our desire to help those outside of New York City, we have expanded our telehealth services to individuals residing in New Jersey, Florida and California; and our plan is to continue to expand our practice and legally offer telehealth sessions in additional states over time. With that said, although telehealth practice laws are currently less stringent due to the COVID-19 pandemic, our therapists hold to the strictest and highest standards and are licensed in all states where we practice; however, not all of our therapists are licensed in each of these states. In order to stay compliant with state laws and ensure the best care for our clients, it is important to make sure a client books with the therapist in our practice that is licensed in that client's state.

Working Collaboratively with Us

As specialists in eating disorders, anxiety, trauma, insomnia, infertility, and addiction, we often collaborate with other providers and facilities in order to best serve our patients; this often includes psychiatrists, rehab and inpatient facilities, fertility specialists, acupuncturists, naturopathic and homeopathic practitioners, and any other providers who support a more holistic approach to care. We are open to recommending facilities when our patients need a higher level of care, liaising with psychiatrists for medication evaluations and management, and creating a treatment plan that includes other providers and specialists in order to create an all-encompassing approach to treating people's complex struggles. As such, we are always searching for other providers and facilities to support our growth and understanding of other professions so that we can best serve our patients.

Get in Touch

If you would like to learn more about our practice, specialties or clinicians, please contact Dr. Noah Kass. He can be reached via email at noah@nyhealthhypnosis.com or by calling 646-537-1713. We look forward to collaborating with you!

[Make an Appointment](#)