

Susan Aiken, LMHC

Sue Aiken, LMHC has a strong background working in the field of mental health and counseling, and uses individualized therapeutic modalities to support clients' healing and growth. Sue provides interpersonal, family and group therapies and works with clients on issues such as relationships, grief and loss, anxiety and depression, self esteem and acceptance, dual diagnosis, emotional regulation, and trauma.

Sue provides Expressive Art groups to Pinnacle and completed training through the NYS program for Expressive Arts. She is a DBT trained counselor and has worked for Four Winds, Ellis Hospital, SPARC, and Schenectady County, among other agencies and services. Sue is a trained CISM Mental Health Counselor and was part of the Schenectady County CREW team.

Education: Franklin and Marshall College, State University of New York , Albany