

ReST: Program Description

The ReST program is designed to give residents, fellows, and their families quick access to psychiatric care and therapy services when needed. UBMD Psychiatrists understand that residency and fellowship training can be a stressful and challenging time, and will make your wellness a priority. The ReST offers an intake coordinator who will take your information and quickly arrange for you to meet with a physician who best suits your needs. Program psychiatrists and therapists have agreed to prioritize UB Resident & Fellow appointments to minimize wait times. For ReST program psychiatrists, we aim to keep the time from initial call to appointment to under three weeks.



ReST: Resident Support Team

Center for Advanced Psychiatry
4955 N. Bailey Ave, Suite 130 z
Amherst, NY 14226
Phone: 716-835-1246

Office of Graduate Medical Education
University at Buffalo, 113 Cary Hall
3435 Main Street, Buffalo, NY 14214
Phone: 716-829-2012

UB GME Resident Support Team

ReST

rest

\ˈrest\.

- verb.* 1. Cease work or movement in order to relax, sleep, or recover strength.
2. (rest something in-with object) Place hope, trust, or confidence in.
- noun.* 1. Freedom from activity or labor.
2. Peace of mind or spirit.
3. Something used for support.
4. An interval of silence in music.

 Jacobs School of Medicine and Biomedical Sciences
Office of Graduate Medical Education
University at Buffalo



UB|MD
PHYSICIANS' GROUP

Center for Advanced Psychiatry

ReST: Psychiatrists

Center for Advanced Psychiatry
4955 N. Bailey Ave, Suite 130 Amherst, NY 14226
Phone: 716-835-1246 **

***Please indicate, upon calling, that you are a UB Resident Physician requesting an appointment.*

Michael Adragna, MD

Child and Adolescent, and General Psychiatry

Biswarup Ghosh, MD

Annemarie Mikowski, DO

Balwant Nagra, MD

Child and Adolescent, and General Psychiatry

Rebecca Schaeffer, MD

Child and Adolescent, and General Psychiatry

Joshna Singh, MD



ReST: Some reasons to see us

- Stress
- Sleep disturbances
- Family /marital discord
- Anxiety
- Depression
- Substance use/self-medication
- ADHD
- Eating disorders
- Mood swings
- Self-esteem/self-doubt

ReST: Therapists

***Please indicate, upon calling, that you are a UB Resident Physician requesting an appointment .*

Alla Andelman, PsyD +

1231 Delaware Avenue, Buffalo, NY 14209
Phone: 716-249-1024
Fax/email: 716-248-1815/dralla.ewn@gmail.com
Individual counseling for ages 17+
Theoretical Frame: CBT, DBT, Interpersonal, Existential
Area of Specialty: Trauma

Meredith Beck-Joslyn, PhD +

1207 Delaware Avenue, Buffalo NY 14209
Phone: 716-281-0775
Fax/email: 844-587-9594 / meredith@beckjoslyn.com
Individual counseling for older children through late adulthood
Theoretical Frame: CBT, focus on mindfulness and positive psychology, active use of narrative interventions
Areas of Specialty: Anxiety, Eating Disorders, Fertility, Pregnancy and Postpartum concerns, Grief and Loss, General Relationship Skills, Self-care

James P. Butters, PsyD +

37 S. Cayuga Rd, Williamsville, NY 14221
Phone: 716-626-7492
Fax/email: 716-626-4496/jbut670123@aol.com
Individual counseling, latency through adult, including elderly
Theoretical Frame: Psychoanalytic/Object relations, Cognitive-Behavioral and supportive approaches as indicated.
Areas of Specialty: Anxiety, Depression, long term psychotherapy for Personality Disorders

Christina Chestna, PsyD +

30 North Cayuga Road, Williamsville, NY 14221
Phone: 716-249-1401
Email: cchestnapsyd@gmail.com
Individual, couples, and group therapy for ages 18+
Theoretical Frame: Relational Psychodynamic
Area of Specialty: Group therapy

John Fischer PsyD +

4511 Harlem Road Suite 2 Snyder NY 14226
Phone: 716-839-0740
Fax: 716- 839-0768
Individual Therapy, Conjoint for adolescents and adults
Theoretical Frame: Psychodynamic (object relations) and Cognitive Behavioral
Areas of Specialty: Anxiety-Based Disorders, Personality Issues/ Disorders, Life transition

+ Blue Cross/Blue Shield provider

Anne Gilles-Thomas, PhD +

5820 Main St., Suite 205, Williamsville, NY 14221
Phone: 716-949-0906
Fax/email: 716-428-3731/annegtphd@gmail.com
Individual adult counseling for ages 18+
Theoretical Frame: Eclectic: Cognitive-Behavioral, Interpersonal, Psychodynamic
Areas of Specialty: Generalist, Anxiety, Depression, Women's issues, Grief, Divorce/Romantic Relationship Issues, College Student concerns, sexual assault/abuse

Lynn O'Connor, PhD +

3959 North Buffalo Street, Orchard Park 14127
Phone: 716-662-5914
Individual Psychotherapy for ages 14+
Theoretical Frame: Cognitive Behavioral and others

Bruce Pace, PhD +

315 Albert Drive, Suite 211, Amherst, NY 14226 and 3065 Southwestern Blvd, Suite 204, Orchard Park, NY 14127
Phone: 716-837-6705
Individual, Couples, Family, & Children's counseling, ages 1-91
Theoretical Frame: Cognitive-Behavioral
Areas of Specialty: ADHD Diagnosis and Treatment

Theresa Jaworski, PhD +

6507 Transit Rd., Suite B, East Amherst, NY 14051.
Phone: 716-204-0100 X 3
Fax/email: 716-204-2716/drtjaworski@gmail.com
Individual, Conjoint, and Family therapy (but no couples/marital) for ages 4-65 (very few older adults and only those with health psychology issues)
Theoretical Frame: Cognitive Behavioral Therapy
Areas of Specialty: Children, Teens, Young Adults with medical issues, Pain, Anxiety, and Depression

Amy Shuman, PhD +

884 Brighton Rd. Tonawanda, NY 14150
Phone: 716-836-9460
Fax/email 716-836-9462 / alshuman@roadrunner.com
General individual and couples counseling for ages 18-80
Theoretical Frame: Gestalt/Humanistic, Psychodynamic

Michael J. Zborowski, PhD +

5820 Main Street, Suite 400, Williamsville, NY 14221
Phone: 716-632-0034
Fax/email: 716-667-7034; zbpsych@roadrunner.com/zborowmj@buffalostate.edu
Generalist individual Psychotherapy for ages 18-geriatric; some couples/marital counseling
Theoretical Frame: Psychodynamic/insight-oriented, CBT and other approaches.
Areas of Specialty: Issues of residents/trainees