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: 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.**

Joshna Singh, MD  
Biswaup Ghosh, MD  
Annemarie Mikowski, DO  
Balwant Nagra, MD  
Michael Adragna, MD  
Resident Physician requesting an appointment.

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**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

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/dirjaworski@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: Cognitive-Behavioral  
Areas of Specialty: ADHD Diagnosis and Treatment

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

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**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

**Blue Cross/Blue Shield provider**