



Emily Selbert

Senior Counselor II

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ABOUT ME

Emily Selbert graduated from Elmira College with two bachelors' degrees in both Fine Arts and Psychology in 2020. She earned her master's degree in Clinical Mental Health Counseling from Medaille University in 2022. Throughout her time in education, she worked in after school programs and secondary school programs. She worked in a neurodivergent support role as well as a counselor intern in her work with a diverse population of children, adolescents, adults, and families with varying mental health concerns.

Currently, Emily is a Senior Counselor II at Horizon Health Services. Born and raised in Western New York (WNY) area, she is passionate about child and family support, minority and diversity advocacy, and expanding awareness of resources and skills to best assist her clients and their communities. Emily utilizes a holistic approach to child and adolescent work to best address individual clients' needs from a person-centered approach. She is dedicated to supporting children, adolescents, young adults, and families in achieving their goals. Emily utilizes creative arts interventions as well as multiple evidence-based practices such as Play Therapy, Cognitive Behavioral therapy (CBT), Dialectical Behavioral Therapy (DBT), Internal Family Systems (IFS), Motivational Interviewing (MI), and AFFIRM-CBT practices to support LGBTQIA+ youth and families in identifying and achieving their goals throughout their treatment journeys.

ABOUT US

Horizon Health Services is a not-for-profit organization dedicated to providing compassionate care for individuals and their families dealing with mental health and substance use disorders. Established in 1975, we are one of the largest outpatient treatment providers in Western New York.

Our patients receive personalized, confidential care from highly trained clinical experts in the fields of mental health, substance use, and psychiatry. We use an evidenced-based behavioral health approach, developing personalized care plans based on comprehensive assessments and individual goals.

Horizon offers flexible scheduling and will work with patients to overcome any barriers to accessing care, including telehealth and telephone counseling options. We accept most commercial health insurance plans, Medicaid, and Medicare.



Horizon
HEALTH SERVICES

horizon-health.org

Our Mission

Together for Recovery.
Changing Lives. Saving Lives.

**Patient Engagement
Center Team
(716) 831-1800**