



Alexandra Bennett

Zip Code: 10028
Zip Postal: 10028
Language: English
Populations Treated: Adolescents/Teens, Children
Organization: ALB Therapy LCSW, PLLC
Treatment Options: In Office, Telehealth, Phone Consultations
Disorders Treated & Specialty: Anxiety, Attention-Deficit/Hyperactivity Disorder, Depression, Eating Disorders, Generalized Anxiety Disorder (GAD), School Refusal, Separation Anxiety, Social Anxiety Disorder, Trauma
Treatment Methods: Cognitive Behavioral Therapy (CBT)
Payment Options: Accepts Credit Cards, Accepts Cash and/or Checks, Accepts Venmo/App-based Payment, Sliding Scale
Address1: 800 Third Avenue
Address2: FRNT A #1058
Website: <http://www.albtherapynyc.com>
City: New York
State/Province: New York
Country: United States
Degree: LCSW, MSW
Email: alexandra@albtherapynyc.com
Office Phone: 6469653352
Telehealth: New York
Cell Phone: 6469653352
Professional focus: Social Worker

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

POPULATIONS TREATED

Adolescents/Teens
Children

DISORDERS AND SPECIALITIES

Anxiety
Attention-Deficit/Hyperactivity Disorder
Depression
Eating Disorders
Generalized Anxiety Disorder (GAD)
School Refusal
Separation Anxiety
Social Anxiety Disorder
Trauma

PAYMENT OPTIONS

Accepts Cash and/or Checks

Accepts Credit Cards

Accepts Venmo/App-based Payment

Sliding Scale



ABOUT ANXIETY & DEPRESSION ASSOCIATION (ADAA)

ADAA's Find Your Therapist Directory connects YOU with licensed mental health professionals/counselors, with clinical licenses and who have expertise in anxiety, depression, OCD, PTSD, and co-occurring disorders.

We are increasing the number of mental health professionals listed. We also list ADAA members who work for behavioral health clinics.

If you cannot find a therapist, contact your medical provider, your insurance company, or other lists of licensed mental health professionals.

Please note that US clinicians are not able to see clients outside of the US due to licensing restrictions.

Please note that clinicians in the directory who do not state that they participate in an insurance plan do not take insurance.

Know that you are not alone, and help is available. If you are in crisis call or text 988 for the Suicide & Crisis Lifeline.

For the ADAA mental health professionals, this directory also helps you connect with potential patients. To join the directory, contact membership@adaa.org.

The members in ADAA's Find Your Therapist directory are listed for the sole purpose of helping the public or serving as an ADAA professional member referral.

The emails of the therapists cannot be used to contact them for any reason other than requesting mental health services or for an ADAA professional member to reach out to another member to discuss a possible referral. These emails are not to be used to solicit business or promote any products. ADAA reserves the right to take legal action if solicitations occur.

HELPFUL LINKS

ADAA Website
<https://adaa.org/>

Tips and Questions About How to Chose a Therapist That's Right for You

<https://adaa.org/finding-help/treatment/choosing-therapist>

5 Tips for How to Know If an Anxiety Therapist Is the Right Fit for You

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/5-tips-how-know-if-anxiety-therapist-right-fit>

Watch ADAA's Short "What is" Videos on Depression, MDD, PTSD, OCD and Suicide

<https://adaa.org/resources-news/from-adaa-experts/videos>

Mental Health Webinars

<https://adaa.org/resources-news/from-adaa-experts/webinars>

Mental Health Personal Stories

<https://adaa.org/educational-resources/from-our-community/stories-of-triumph>

ADAA Free Newsletter Sign Up

https://adaa.informz.net/adaa/pages/Triumph_Subscribe_page

Join a Free Support Community

<https://adaa.org/find-help/support>

Meet ADAA's Institutional Members

<https://adaa.org/professionals/Institutional-Memberships>

For Therapists: Watch ADAA's Find Your Therapist Video

<https://youtu.be/Eq3zOzbfGoU>