



Andrea Allen

Zip Code: 10464
Zip Postal: 10464-1317
Language: English
Populations Treated: Adolescents/Teens, Adults, Seniors
Organization: Mount Sinai School of Medicine
Treatment Options: Home Visits, In Office, Telehealth
Disorders Treated & Specialty: Social Anxiety Disorder, Trichotillomania, Panic Attacks/Panic Disorder, Agoraphobia, Anxiety, Body Dysmorphic Disorder, Body Focused Repetitive Behaviors, Depression, Eating Disorders, Generalized Anxiety Disorder (GAD), Hoarding, Obsessive Compulsive Disorder (OCD)
Treatment Methods: Cognitive Behavioral Therapy (CBT), Exposure Therapy, Medication Referral, Mindfulness
Payment Options: None
Address1: 46 Bay St
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Professional focus: Psychologist

ABOUT

I specialize in research and treatment of compulsive, impulsive and anxiety disorders, especially obsessive-compulsive disorder, body dysmorphic disorder and generalized anxiety disorder. State of the art cognitive-behavioral techniques are the primary treatment methods used, but an integrated approach is developed to fit the needs of each individual.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)
Exposure Therapy
Medication Referral
Mindfulness

POPULATIONS TREATED

Adolescents/Teens
Adults
Seniors

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Body Dysmorphic Disorder
Body Focused Repetitive Behaviors
Depression
Eating Disorders
Generalized Anxiety Disorder (GAD)
Hoarding
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Social Anxiety Disorder
Trichotillomania

PAYMENT OPTIONS

None



ABOUT ANXIETY & DEPRESSION ASSOCIATION (ADAA)

Looking for a Therapist? ADAA Can Help

ADAA's Find Your Therapist Directory is your trusted resource for connecting with licensed mental health professionals who specialize in treating anxiety, depression, OCD, PTSD, and other related disorders. Each provider listed holds a valid clinical license and brings expertise to support your mental wellness journey.

If You're Having Trouble Finding a Therapist

If you don't find a match in our directory, we encourage you to:

- Contact your primary care provider
- Check with your health insurance company
- Explore other reputable directories of licensed mental health professionals

Please Note:

- U.S.-based clinicians cannot see clients who reside outside the United States due to licensing laws.
- Clinicians who do not mention insurance participation in their profile do not accept 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.

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 Choose 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 Anxiety, Depression, MDD, PTSD, OCD and more!

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

ADAA's Free 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 ADAA Online Peer-to-Peer Support Community

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

Meet ADAA's Institutional Members

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

Therapists: Watch ADAA's Find Your Therapist Video and Join the Directory!

<https://youtu.be/Eq3zOzbfGoU>