



**Andrea Barmish Mazza**

Zip Code: 60015

Zip Postal: 60015-4976

Language: English

Populations Treated: Children, Adolescents/Teens, Adults, Families

Organization: Center for Anxiety & OCD

Treatment Options: Group Therapy, Home Visits, In Office

Disorders Treated & Specialty: Separation Anxiety, Social Anxiety Disorder, Stress, Trichotillomania, Other, School Refusal, Body Focused Repetitive Behaviors, Agoraphobia, Anxiety, Behavioral Issues, Body Dysmorphic Disorder, Depression, Emetophobia, Generalized Anxiety Disorder (GAD), Health Anxiety, Intrusive Thoughts, MDD, Misophonia, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias, Selective Mutism Disorder

Treatment Methods: Intensive Exposure Therapy Protocols, Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Exposure Therapy, Other

Payment Options: Accepts Credit Cards

Address1: 770 Lake Cook Rd

Address2: Ste 320

Website: <http://www.centerforanxietyandocd.com/index.html>

City: Deerfield

State/Province: Illinois

Country: United States

Home Email: [DrAndreaBarmishMazza@gmail.com](mailto:DrAndreaBarmishMazza@gmail.com)

Degree: PhD

Preferred Pronouns: she/her/hers

Email: [Dr.Mazza@centerforanxietyandocd.com](mailto:Dr.Mazza@centerforanxietyandocd.com)

Office Phone: (847) 600-4124

Professional focus: Psychologist

#### ABOUT

provides cutting-edge, evidence-based, and specialized treatment to children, adolescents, and adults with anxiety, obsessive-compulsive disorder, depression, and related disorders.

#### TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

Other

#### POPULATIONS TREATED

Adolescents/Teens

Adults

Children

Families

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## DISORDERS AND SPECIALITIES

Agoraphobia  
Anxiety  
Behavioral Issues  
Body Dysmorphic Disorder  
Body Focused Repetitive Behaviors  
Depression  
Emetophobia  
Generalized Anxiety Disorder (GAD)  
Health Anxiety  
Intrusive Thoughts  
MDD  
Misophonia  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Phobias  
School Refusal  
Selective Mutism Disorder  
Separation Anxiety  
Social Anxiety Disorder  
Stress  
Trichotillomania  
Other

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## PAYMENT OPTIONS

Accepts Credit Cards



## 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.**

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*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.*

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## 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](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>