



Anne Marie Albano

Zip Code: 10019

Zip Postal: 10019-8720

Language: English

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

Organization: Columbia University Clinic for Anxiety and Related Disorders CUCARD

Treatment Options: Group Therapy, In Office, Telehealth

Disorders Treated & Specialty: Trauma, Trichotillomania, Tourette's Syndrome, Anxiety, Agoraphobia, Depression, Emetophobia, Generalized Anxiety Disorder (GAD), Hoarding, Misophonia, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias, Posttraumatic Stress Disorder (PTSD), Selective Mutism Disorder, School Refusal, Separation Anxiety, Social Anxiety Disorder

Treatment Methods: Other, Cognitive Behavioral Therapy (CBT), Exposure Therapy, Intensive Exposure Therapy Protocols, Medication Referral, Mindfulness, Virtual Reality Exposure

Payment Options: Accepts Some Insurance, Accepts Credit Cards, Accepts Cash and/or Checks

Address1: 3 Columbus Cir

Address2: Ste 1425

Website: <https://anxietytreatmentnyc.org>

City: New York

State/Province: New York

Country: United States

Home Email: amalbano2002@gmail.com

Degree: ABPP, PhD

Preferred Pronouns: she/her/hers

Email: aa2289@cumc.columbia.edu

Office Phone: 212-342-3800

Telehealth: Florida, New York, South Carolina

Professional focus: Psychologist

ABOUT

The Columbia University Clinic for Anxiety and Related Disorders, with locations near Columbus Circle in Manhattan and in Tarrytown, Westchester NY, offers expert evaluation, consultation, and cognitive behavioral treatments for children, adolescents, families, and young adults with anxiety disorders. In addition, we are networked with a number of colleagues in psychiatry and mental health for referrals and adjunctive services. Visit our website at www.anxietytreatmentnyc.org for more information.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

Medication Referral

Mindfulness

Virtual Reality Exposure

Other

POPULATIONS TREATED

Adolescents/Teens
Adults
Children
Couples
Families

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Depression
Emetophobia
Generalized Anxiety Disorder (GAD)
Hoarding
Misophonia
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Phobias
Posttraumatic Stress Disorder (PTSD)
School Refusal
Selective Mutism Disorder
Separation Anxiety
Social Anxiety Disorder
Tourette's Syndrome
Trauma
Trichotillomania

PAYMENT OPTIONS

Accepts Cash and/or Checks
Accepts Credit Cards
Accepts Some Insurance



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>