



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)

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>