



Cassandra Faraci

Zip Code: 07870

Zip Postal: 07870-0021

Language: English

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

Organization: Center for Anxiety and Behavior Management, LLC

Treatment Options: Group Therapy, In Office, Telehealth, Phone Consultations

Disorders Treated & Specialty: Social Anxiety Disorder, Tourette's Syndrome, Trauma, Trichotillomania, Separation Anxiety, Anxiety, Agoraphobia, Attention-Deficit/Hyperactivity Disorder, Body Dysmorphic Disorder, Body Focused Repetitive Behaviors, Depression, Generalized Anxiety Disorder (GAD), Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Selective Mutism Disorder, School Refusal

Treatment Methods: Mindfulness, Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Exposure Therapy

Payment Options: Accepts Credit Cards

Address1: PO Box 21

Website: <http://www.anxietyandbehaviornj.com>

City: Schooleys Mountain

State/Providence: New Jersey

Country: United States

Home Email: drcmfaraci@gmail.com

Degree: PSYD

Preferred Pronouns: she/her/hers

Email: drcmfaraci@gmail.com

Office Phone: 9089142624

Telehealth: New Jersey

Cell Phone: 9089142624

Professional focus: Psychologist

ABOUT

Our practice is committed to providing evidence-based treatments for a wide range of concerns including anxiety, depression, behavior issues, ADHD, OCD, and more.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Mindfulness

POPULATIONS TREATED

Adolescents/Teens

Adults

Children

Families

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Attention-Deficit/Hyperactivity Disorder
Body Dysmorphic Disorder
Body Focused Repetitive Behaviors
Depression
Generalized Anxiety Disorder (GAD)
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Posttraumatic Stress Disorder (PTSD)
School Refusal
Selective Mutism Disorder
Separation Anxiety
Social Anxiety Disorder
Tourette's Syndrome
Trauma
Trichotillomania

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.

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>