



Christina DiChiara

Zip Code: 19010

Zip Postal: 19010-3859

Language: English

Populations Treated: Adolescents/Teens, Adults, Seniors

Organization: Center for Anxiety and Behavior Therapy

Treatment Options: Home Visits, In Office, Telehealth

Disorders Treated & Specialty: Trichotillomania, Anxiety, Body Dysmorphic Disorder, Body Focused Repetitive Behaviors, Generalized Anxiety Disorder (GAD), Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Social Anxiety Disorder, Trauma

Treatment Methods: Cognitive Behavioral Therapy (CBT), Exposure Therapy, Intensive Exposure Therapy Protocols

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

Address1: 940 E Haverford Rd

Address2: Ste 301

Website: <https://www.centerabt.com/>

City: Bryn Mawr

State/Province: Pennsylvania

Country: United States

Degree: PSYD

Preferred Pronouns: she/her/hers

Email: christinadichiara@centerabt.com

Office Phone: 610-455-5757

Telehealth: Pennsylvania

Professional focus: Psychologist

ABOUT

The Center for Anxiety & Behavior Therapy specializes in providing expert, evidence-based treatment for a broad range of conditions including obsessive compulsive disorder (OCD), posttraumatic stress disorder (PTSD), social anxiety disorder, panic disorder, generalized anxiety disorder, and specific phobias including fears of flying, heights, animals, insects, and vomiting. We also have specialized knowledge in the treatment of co-occurring substance abuse within anxiety disorders, severe and treatment refractory anxiety disorders, and obsessive-compulsive-spectrum disorders including body dysmorphic disorder, hair pulling and skin picking.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

POPULATIONS TREATED

Adolescents/Teens

Adults

Seniors

DISORDERS AND SPECIALITIES

Anxiety
Body Dysmorphic Disorder
Body Focused Repetitive Behaviors
Generalized Anxiety Disorder (GAD)
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Posttraumatic Stress Disorder (PTSD)
Social Anxiety Disorder
Trauma
Trichotillomania

PAYMENT OPTIONS

Accepts Cash and/or Checks
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>