



Cindy Aaronson

Zip Code: 10025
Zip Postal: 10025-5551
Language: English
Populations Treated: Adults
Organization: Icahn School of Medicine
Treatment Options: Telehealth, Phone Consultations
Disorders Treated & Specialty: Trauma, Social Anxiety Disorder, Agoraphobia, Anxiety, Depression, Generalized Anxiety Disorder (GAD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD)
Treatment Methods: Cognitive Behavioral Therapy (CBT), Compassion-Focused Therapy, Exposure Therapy, Telemental Health
Payment Options: Accepts Cash and/or Checks
Address1: 777 W End Ave
Address2: Ste 1B
City: New York
State/Province: New York
Country: United States
Home Email: cindy.aaronson@mssm.edu
Degree: MSW, PhD
Preferred Pronouns: she/her/hers
Email: cindy.aaronson@mssm.edu
Office Phone: (914) 472-7398
Telehealth: New York, Connecticut, Florida, Pennsylvania
Cell Phone: 9175174675
Professional focus: Social Worker

ABOUT

I specialize in CBT for anxiety and depression. I have participated in many clinical trials using CBT for anxiety and depression, both separately and combined. Panic disorder, specific phobia, generalized anxiety, posttraumatic stress and depression are my areas of expertise. I do not participate in any insurance plans.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)
Compassion-Focused Therapy
Exposure Therapy
Telemental Health

POPULATIONS TREATED

Adults

DISORDERS AND SPECIALITIES

Agoraphobia

Anxiety
Depression
Generalized Anxiety Disorder (GAD)
Panic Attacks/Panic Disorder
Posttraumatic Stress Disorder (PTSD)
Social Anxiety Disorder
Trauma

PAYMENT OPTIONS

Accepts Cash and/or Checks



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>