



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
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Telehealth: New York, Connecticut, Florida, Pennsylvania
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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)

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>