



Elna Yadin

Zip Code: 19010

Zip Postal: 19010

Language: Hebrew

Populations Treated: Adults, LGBTQI, Seniors, Adolescents/Teens, Children

Organization: Elna Yadin PhD PLLC

Treatment Options: Home Visits

Disorders Treated & Specialty: Trichotillomania, Trauma, Tourette's Syndrome, Specific Phobias, Posttraumatic Stress Disorder (PTSD), Panic Attacks/Panic Disorder, Obsessive Compulsive Disorder (OCD), Depression, Anxiety

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

Payment Options: Accepts Credit Cards

Address1: 200 S Roberts Rd D2

City: Bryn Mawr

State/Providence: Pennsylvania

Country: United States

Degree: PhD

Email: eyadin@brynmawr.edu

Office Phone: (610) 420-2184

Professional focus: Psychologist

ABOUT

A native of Israel, received her doctoral degree in physiological and experimental psychology at Bryn Mawr College in the U.S. in 1979. After 20 years studying the neuroscience of anxiety and relief mechanisms in the brain as it pertains to anxiety disorders and their treatment she then specialized in clinical psychology and had worked at the Center for the Treatment and Study of Anxiety at the University of Pennsylvania since 1998, where until August 2015 she acted as the Director of the OCD Clinic and as the Foreign Visitor Liaison. She has been treating patients with a variety of anxiety disorder and training and supervising professionals around the world in the implementation of evidence-based treatments for OCD and PTSD. Dr. Yadin specializes in Prolonged Exposure Therapy (PE) for PTSD, Exposure and Response Prevention (EX/RP) for OCD, and cognitive-behavioral treatment for social anxiety, panic disorder, specific phobias, and generalized anxiety. She is co-author with Edna Foa and Tracey Lichner of ?Exposure and Response (Ritual) Prevention for Obsessive-Compulsive Disorder? Therapist Guide and Patient Workbook. Dr. Yadin is fluent in English and Hebrew.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

POPULATIONS TREATED

Adolescents/Teens

Adults

Children

LGBTQI

Seniors

DISORDERS AND SPECIALITIES

Anxiety
Depression
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Posttraumatic Stress Disorder (PTSD)
Specific Phobias
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>