



Ferdinando Palumbo

Zip Code: 07444

Zip Postal: 07444-1930

Language: English, Italian

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

Organization: Northern NJ CBT

Treatment Options: Group Therapy, In Office, Telehealth

Disorders Treated & Specialty: Social Anxiety Disorder, Tourette's Syndrome, Trauma, Trichotillomania, School Refusal, Attention-Deficit/Hyperactivity Disorder, Agoraphobia, Anxiety, Behavioral Issues, Body Focused Repetitive Behaviors, Depression, Emetophobia, Generalized Anxiety Disorder (GAD), Health Anxiety, Hoarding, Intrusive Thoughts, MDD, Misophonia, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias, Posttraumatic Stress Disorder (PTSD)

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

Payment Options: Accepts Credit Cards, Accepts Cash and/or Checks, Accepts Venmo/App-based Payment, Sliding Scale

Address1: 498 Newark Pompton Tpke

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

City: Pompton Plains

State/Providence: New Jersey

Country: United States

Degree: LCSW, MSW

Preferred Pronouns: he/him/his

Email: ferd@northernnjcbt.com

Office Phone: (973) 567-7950

Telehealth: Florida, New Jersey

Professional focus: Social Worker, Trainees

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

Mindfulness

POPULATIONS TREATED

Adolescents/Teens

Adults

Children

LGBTQI

Seniors

Other

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Attention-Deficit/Hyperactivity Disorder
Behavioral Issues
Body Focused Repetitive Behaviors
Depression
Emetophobia
Generalized Anxiety Disorder (GAD)
Health Anxiety
Hoarding
Intrusive Thoughts
MDD
Misophonia
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Phobias
Posttraumatic Stress Disorder (PTSD)
School Refusal
Social Anxiety Disorder
Tourette's Syndrome
Trauma
Trichotillomania

PAYMENT OPTIONS

Accepts Cash and/or Checks
Accepts Credit Cards
Accepts Venmo/App-based Payment
Sliding Scale



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>