



Gay Novack

Zip Code: 11572

Zip Postal: 11572

Language: English

Populations Treated: Adolescents/Teens, Adults, Seniors, Couples, Families

Treatment Options: In Office, Telehealth, Phone Consultations

Disorders Treated & Specialty: Stress, Tourette's Syndrome, Trauma, Social Anxiety Disorder, Depression, Agoraphobia, Anxiety, Bipolar Disorder, Body Dysmorphic Disorder, Body Focused Repetitive Behaviors, Chronic Illness, Eating Disorders, Family Conflict, Generalized Anxiety Disorder (GAD), Grief, Health Anxiety, Infertility, Intrusive Thoughts, Irritable Bowel Syndrome (IBS), MDD, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Postpartum, Posttraumatic Stress Disorder (PTSD)

Treatment Methods: Mindfulness, Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), EMDR, Interpersonal Therapy (IPT), Medication Referral, Telemental Health

Payment Options: Accepts Some Insurance, Accepts Cash and/or Checks, Accepts Venmo/App-based Payment, Accepts Medicare

Address1: 540 Fir Pl

City: Oceanside

State/Providence: New York

Country: United States

Home Email: grnovack@gmail.com

Degree: LCSW

Email: gay.novack@gmail.com

Office Phone: (516) 678-3048

Telehealth: New York

Professional focus: Social Worker

ABOUT

Comprehensive individualized treatment for a wide spectrum of anxiety and depressive disorders including postpartum depression. Specialized techniques for adolescents and adults include cognitive-behavioral therapy, hypnotherapy, yoga/movement & EMDR. Over 25 years experience.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

EMDR

Interpersonal Therapy (IPT)

Medication Referral

Mindfulness

Telemental Health

POPULATIONS TREATED

Adolescents/Teens

Adults

Couples

Families

Seniors

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Bipolar Disorder
Body Dysmorphic Disorder
Body Focused Repetitive Behaviors
Chronic Illness
Depression
Eating Disorders
Family Conflict
Generalized Anxiety Disorder (GAD)
Grief
Health Anxiety
Infertility
Intrusive Thoughts
Irritable Bowel Syndrome (IBS)
MDD
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Postpartum
Posttraumatic Stress Disorder (PTSD)
Social Anxiety Disorder
Stress
Tourette's Syndrome
Trauma

PAYMENT OPTIONS

Accepts Cash and/or Checks
Accepts Medicare
Accepts Some Insurance
Accepts Venmo/App-based Payment



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>