



## Hillary Devlin

Email

hillary.devlin@gmail.com

Zip Code: 10001

Zip Postal: 10001-8017

Language: English

Populations Treated: LGBTQI, Seniors, Adults

Organization: Flatiron CBT

Treatment Options: Phone Consultations, Telehealth

Disorders Treated & Specialty: MDD, Trichotillomania, Trauma, Stress, Social Anxiety Disorder, Sleep Disorders, Separation Anxiety, Posttraumatic Stress Disorder (PTSD), Postpartum, Phobias, Panic Attacks/Panic Disorder, Obsessive Compulsive Disorder (OCD), Misophonia, Other, Intrusive Thoughts, Infertility, Hoarding, Health Anxiety, Generalized Anxiety Disorder (GAD), Emetophobia, Divorce, Depression, Body Focused Repetitive Behaviors, Body Dysmorphic Disorder, Anxiety, Agoraphobia, Academic Underachievement

Treatment Methods: Other, Telemental Health, Mindfulness, Intensive Exposure Therapy Protocols, Exposure Therapy, Compassion-Focused Therapy, Cognitive Behavioral Therapy for Insomnia (CBT-I), Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT)

Payment Options: Accepts Credit Cards

Address1: 220 5th Ave

Address2: Fl 11

Website: <http://www.flatironcbt.com>

City: New York

State/Province: New York

Country: United States

Degree: PhD

Preferred Pronouns: she/her/hers

Email: [info@drhillarydevlin.com](mailto:info@drhillarydevlin.com)

Office Phone: 646-783-9625

Telehealth: District of Columbia, Mississippi, Minnesota, Michigan, Maryland, Maine, Kentucky, Kansas, Indiana, Illinois, Idaho, Georgia, Florida, Missouri, Delaware, Connecticut, Colorado, Arkansas, Arizona, Alabama, South Carolina, Wyoming, Wisconsin, West Virginia, Washington, Virginia, Vermont, Utah, Texas, Tennessee, South Dakota, Rhode Island, Pennsylvania, Oklahoma, Ohio, North Dakota, North Carolina, New York, New Jersey, New Hampshire, Nevada, Nebraska

Cell Phone: 646-783-9625

Professional focus: Psychologist

## ABOUT

Flatiron CBT is a psychology private practice in the Flatiron district of New York City. Our team of clinicians specialize in evidence-based treatments for anxiety, OCD, depression, and enhancing emotional well-being and personal growth, through the use of Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), Exposure and Response Prevention (ERP) and other mindfulness- and compassion- based approaches. We offer telehealth therapy for clients in New York, Vermont, and all PSYPACT states. We have a small team of clinicians all specialized in anxiety and OCD, allowing us to offer a range of fees for therapy depending on level of experience of the clinician.

## TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Cognitive Behavioral Therapy for Insomnia (CBT-I)

Compassion-Focused Therapy

Exposure Therapy

Intensive Exposure Therapy Protocols

Mindfulness  
Telemental Health  
Other

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#### POPULATIONS TREATED

Adults  
LGBTQI  
Seniors

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#### DISORDERS AND SPECIALITIES

Academic Underachievement  
Agoraphobia  
Anxiety  
Body Dysmorphic Disorder  
Body Focused Repetitive Behaviors  
Depression  
Divorce  
Emetophobia  
Generalized Anxiety Disorder (GAD)  
Health Anxiety  
Hoarding  
Infertility  
Intrusive Thoughts  
MDD  
Misophonia  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Phobias  
Postpartum  
Posttraumatic Stress Disorder (PTSD)  
Separation Anxiety  
Sleep Disorders  
Social Anxiety Disorder  
Stress  
Trauma  
Trichotillomania  
Other

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#### 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.**

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*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.*

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## 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](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>