



Jared Berger

Zip Code: L4G 0R4

Zip Postal: L4G 0R4

Language: English

Populations Treated: Adolescents/Teens, Children

Organization: Psychability Child and Adolescent Psychological Services

Treatment Options: Telehealth

Disorders Treated & Specialty: Social Anxiety Disorder, Trichotillomania, Separation Anxiety, Selective Mutism Disorder, Panic Attacks/Panic Disorder, Obsessive Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), Depression, Body Focused Repetitive Behaviors, Autism Spectrum Disorder, Attention-Deficit/Hyperactivity Disorder, Anxiety

Treatment Methods: Cognitive Behavioral Therapy (CBT)

Payment Options: Accepts Credit Cards

Address1: 16 Industrial Parkway South

Website: <http://www.psychability.ca>

City: Aurora

State/Province: Ontario

Country: Canada

Degree: PSYD

Email: info@psychability.ca

Office Phone: 905-780-2030

Professional focus: Psychologist

ABOUT

Dr. Berger completed an APA-accredited predoctoral internship in children and adolescent clinical psychology located in outpatient community mental health and school-based settings. Dr. Berger provides evidence-based Cognitive Behavioral Therapy (CBT) to children, adolescents and their families dealing with anxiety, depressed mood, and social skills deficits. For more information, please visit: <https://www.psychability.ca>

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

POPULATIONS TREATED

Adolescents/Teens

Children

DISORDERS AND SPECIALITIES

Anxiety

Attention-Deficit/Hyperactivity Disorder

Autism Spectrum Disorder

Body Focused Repetitive Behaviors

Depression

Generalized Anxiety Disorder (GAD)
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Selective Mutism Disorder
Separation Anxiety
Social Anxiety Disorder
Trichotillomania

PAYMENT OPTIONS

Accepts Credit Cards



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>