



**Jeffrey Cohen**

Zip Code: 10032

Zip Postal: 10032

Language: English

**Populations Treated:** Children, Adolescents/Teens, Adults, Couples, LGBTQI

**Organization:** Columbia University

**Treatment Options:** In Office, Telehealth

**Disorders Treated & Specialty:** Trauma, Stress, Gender Identity, Agoraphobia, Anxiety, Generalized Anxiety Disorder (GAD), Intrusive Thoughts, LGBTQ+, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias, Posttraumatic Stress Disorder (PTSD), School Refusal, Separation Anxiety, Social Anxiety Disorder

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

**Payment Options:** Accepts Credit Cards

**Address1:** 710 West 168th Street

**Website:** <https://www.columbiapsychiatry.org/profile/jeffrey-m-cohen-psyd>

**City:** New York

**State/Province:** New York

**Home Email:** jeffrey\_cohen@mac.com

**Degree:** PSYD

**Preferred Pronouns:** he/him/his

**Email:** jmc2284@cumc.columbia.edu

**Office Phone:** 2123056001

**Telehealth:** California, New York

**Cell Phone:** 917-402-8477

#### ABOUT

Dr. Jeff Cohen (he/him) is a clinical psychologist who provides cognitive behavior therapy to youth, adults, and couples at Columbia University Irving Medical Center. Dr. Cohen offers psychotherapy in both the Manhattan and Westchester locations of ColumbiaDoctors. Dr. Cohen treats anxiety, OCD, and emotional disorders. He also enjoys working with LGBTQ+ people, and provides gender affirming care. Dr. Cohen's approach is collaborative, solution oriented, and tailored to meet treatment goals. For more information about Dr. Cohen's practice or to schedule an appointment, please call 212-305-6001.

#### TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

Mindfulness

#### POPULATIONS TREATED

Adolescents/Teens

Adults

Children

Couples  
LGBTQI

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#### DISORDERS AND SPECIALITIES

Agoraphobia  
Anxiety  
Gender Identity  
Generalized Anxiety Disorder (GAD)  
Intrusive Thoughts  
LGBTQ+  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Phobias  
Posttraumatic Stress Disorder (PTSD)  
School Refusal  
Separation Anxiety  
Social Anxiety Disorder  
Stress  
Trauma

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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>