



**John Markowitz**

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**Zip Code:** 10024

**Zip Postal:** 10024-3401

**Language:** Ukrainian, Urdu, Vietnamese, Turkish, Italian, English, Arabic, Bengali, Chinese, French, German, Greek, Hebrew, Hindi, Hungarian, Japanese, Korean, Lahnda, Malay, Marathi, Persian, Portuguese, Russian, Spanish, Swahili, Tamil, Telugu, Thai

**Populations Treated:** Adults

**Organization:** Columbia University NYSPI

**Treatment Options:** In Office

**Disorders Treated & Specialty:** Anxiety, Bipolar Disorder, Depression, Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Trauma

**Treatment Methods:** Exposure Therapy, Cognitive Behavioral Therapy (CBT), Interpersonal Therapy (IPT), Psychopharmacology

**Payment Options:** Sliding Scale

**Address1:** 151 W 86th St

**Address2:** Apt 2C

**Website:** <http://www.columbiatrauma.org/>

**City:** New York

**State/Providence:** New York

**Country:** United States

**Degree:** MA, MD

**Email:** [jcm42@cumc.columbia.edu](mailto:jcm42@cumc.columbia.edu)

**Office Phone:** 2127871043

**Telehealth:** New York

**Professional focus:** Psychiatrist

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#### ABOUT

The Columbia University Trauma and PTSD Program provides research treatments and other studies for individuals who have undergone trauma and suffer from posttraumatic stress disorder (PTSD).

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#### TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Interpersonal Therapy (IPT)

Psychopharmacology

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#### POPULATIONS TREATED

Adults

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#### DISORDERS AND SPECIALITIES

Anxiety

Bipolar Disorder

Depression

Panic Attacks/Panic Disorder

Posttraumatic Stress Disorder (PTSD)  
Trauma

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PAYMENT OPTIONS

Sliding Scale



## 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>