



**Jonathan DePierro**

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Zip Code: 10029  
Zip Postal: 10029  
Language: English  
Populations Treated: Adults  
Organization: Icahn School of Medicine at Mount Sinai  
Disorders Treated & Specialty: Trauma, Posttraumatic Stress Disorder (PTSD), Panic Attacks/Panic Disorder, Depression, Anxiety  
Treatment Methods: Dialectical Behavioral Therapy (DBT), Interpersonal Therapy (IPT), Cognitive Behavioral Therapy (CBT)  
Address1: One Gustave L Levy Place  
Address2: Box 1230  
City: New York  
State/Providence: New York  
Country: United States  
Degree: PhD  
Email: jonathan.depierro@mssm.edu  
Office Phone: 646-877-5885  
Telehealth: New York  
Cell Phone: 3472760113  
Professional focus: Psychologist, Researcher

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#### TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)  
Dialectical Behavioral Therapy (DBT)  
Interpersonal Therapy (IPT)

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#### POPULATIONS TREATED

Adults

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#### DISORDERS AND SPECIALITIES

Anxiety  
Depression  
Panic Attacks/Panic Disorder  
Posttraumatic Stress Disorder (PTSD)  
Trauma

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#### PAYMENT OPTIONS





#### 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.

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*For the ADAA mental health professionals, this directory also helps you connect with potential patients. To join the directory, contact [membership@adaa.org](mailto:membership@adaa.org).*

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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 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](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>