



Julie DiMatteo

Email

julie.dimatteo@cbtspecialistsnj.com

Zip Code: 07662

Zip Postal: 07662

Language: English

Populations Treated: Adolescents/Teens, Adults, Seniors, LGBTQI

Organization: CBT Specialists

Treatment Options: Phone Consultations, Telehealth, In Office, Group Therapy

Disorders Treated & Specialty: LGBTQ+, Trichotillomania, Trauma, Stress, Social Anxiety Disorder, Posttraumatic Stress Disorder (PTSD), Postpartum, Phobias, Panic Attacks/Panic Disorder, Obsessive Compulsive Disorder (OCD), Misophonia, MDD, Academic Underachievement, Intrusive Thoughts, Infertility, Health Anxiety, Grief, Generalized Anxiety Disorder (GAD), Family Conflict, Emetophobia, Depression, Body Focused Repetitive Behaviors, Autism Spectrum Disorder, Anxiety, Major Depressive Disorder

Treatment Methods: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Exposure Therapy, Interpersonal Therapy (IPT), Mindfulness, Telemental Health

Payment Options: Accepts Credit Cards, Accepts Cash and/or Checks

Address1: 340 W. Passaic Street

Website: <https://cbt-specialists.com/>

City: Rochelle Park

State/Providence: New Jersey

Country: United States

Degree: PhD, ABPP

Preferred Pronouns: she/her/hers

Email: julie.dimatteo@cbt-specialists.com

Office Phone: 201-844-9934

Telehealth: New York, New Jersey

Cell Phone: 201-844-9934

Professional focus: Psychologist

ABOUT

Dr. Julie DiMatteo is the co-founder of CBT Specialists, a private group practice that specializes in the treatment of anxiety, depression, BFRBs, OCD, and trauma for adolescents and adults. Dr. DiMatteo is also trained in the treatment of perinatal mood and anxiety disorders. Dr. DiMatteo believes in creating a collaborative and inclusive environment and is extensively trained in working with autistic adolescents, adults, and their families.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

Interpersonal Therapy (IPT)

Mindfulness

Telemental Health

POPULATIONS TREATED

Adolescents/Teens
Adults
LGBTQI
Seniors

DISORDERS AND SPECIALITIES

Academic Underachievement
Anxiety
Autism Spectrum Disorder
Body Focused Repetitive Behaviors
Depression
Emetophobia
Family Conflict
Generalized Anxiety Disorder (GAD)
Grief
Health Anxiety
Infertility
Intrusive Thoughts
LGBTQ+
Major Depressive Disorder
MDD
Misophonia
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Phobias
Postpartum
Posttraumatic Stress Disorder (PTSD)
Social Anxiety Disorder
Stress
Trauma
Trichotillomania

PAYMENT OPTIONS

Accepts Cash and/or Checks
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.

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 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

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>