



Karen Landsman

Zip Code: 07041

Zip Postal: 07041-1611

Language: English

Populations Treated: Children, Adolescents/Teens, Adults, Seniors, Couples, Families

Treatment Options: Home Visits, In Office, Telehealth

Disorders Treated & Specialty: School Refusal, Separation Anxiety, Social Anxiety Disorder, Stress, Trichotillomania, Selective Mutism Disorder, Body Focused Repetitive Behaviors, Agoraphobia, Anxiety, Body Dysmorphic Disorder, Depression, Emetophobia, Generalized Anxiety Disorder (GAD), Health Anxiety, Hoarding, Intrusive Thoughts, MDD, Misophonia, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias, Posttraumatic Stress Disorder (PTSD)

Treatment Methods: Exposure Therapy, Cognitive Behavioral Therapy (CBT), Cognitive Behavioral Therapy for Insomnia (CBT-I), Intensive Exposure Therapy Protocols, Telemental Health, Other

Payment Options: Accepts Credit Cards

Address1: 68 Essex St

Address2: Ste 1A

Website: <http://www.anxietyandocd.com>

City: Millburn

State/Providence: New Jersey

Country: United States

Home Email: kjlandsman@gmail.com

Degree: PhD

Email: Landsman@anxietyandocd.com

Office Phone: 973-895-2442

Telehealth: Massachusetts, New Jersey, New York

Professional focus: Psychologist

ABOUT

Nationally recognized expert in cognitive behavioral treatment of anxiety disorders, OCD, panic disorder, phobias, trichotillomania, social anxiety, GAD, and PTSD. Evidence-based cognitive-behavioral treatment programs (e.g., exposure/response prevention therapy). Treats children, teens, adults, and families. I received my doctoral degree at University of Maryland College Park with a focus on cognitive-behavioral treatment. I then continued my training in a pre-doctoral internship and post-doctoral fellowship at University of Maryland School of Medicine with experts in the field of cognitive-behavioral treatment. I continued developing my skills in the specialized area of stress and anxiety-related disorders at The Anxiety and Agoraphobia Treatment Center. I have presented at many conferences (e.g., IOCDF, ADAA, and TLC) and have been featured in print, radio, and television media. Recently, I published a book titled

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Cognitive Behavioral Therapy for Insomnia (CBT-I)

Exposure Therapy

Intensive Exposure Therapy Protocols

Telemental Health

Other

POPULATIONS TREATED

Adolescents/Teens
Adults
Children
Couples
Families
Seniors

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Body Dysmorphic Disorder
Body Focused Repetitive Behaviors
Depression
Emetophobia
Generalized Anxiety Disorder (GAD)
Health Anxiety
Hoarding
Intrusive Thoughts
MDD
Misophonia
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Phobias
Posttraumatic Stress Disorder (PTSD)
School Refusal
Selective Mutism Disorder
Separation Anxiety
Social Anxiety Disorder
Stress
Trichotillomania

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.

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>