



Katharine Phillips

Zip Code: 10065

Zip Postal: 10065

Language: English

Populations Treated: Adolescents/Teens, Adults, Seniors

Organization: Weill Cornell Medical College

Treatment Options: Telehealth

Disorders Treated & Specialty: Trichotillomania, Other, Tourette's Syndrome, Assessment, Agoraphobia, Anxiety, Body Dysmorphic Disorder, Body Focused Repetitive Behaviors, Depression, Eating Disorders, Generalized Anxiety Disorder (GAD), Health Anxiety, MDD, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias, Social Anxiety Disorder

Treatment Methods: Cognitive Behavioral Therapy (CBT), Exposure Therapy, Medication Management, Medication Referral, Psychopharmacology, Other

Payment Options: Accepts Some Insurance, Accepts Credit Cards

Address1: 315 East 62nd Street

Website: <https://weillcornell.org/katharine-phillips-md>

City: New York

State/Province: New York

Country: United States

Home Email: katharine_phillips@brown.edu

Degree: MD

Preferred Pronouns: she/her/hers

Email: kap9161@med.cornell.edu

Office Phone: 646-962-2820

Telehealth: Connecticut, New Jersey, New York

Cell Phone: 917 331 7103

Professional focus: Psychiatrist

ABOUT

Katharine Phillips, M.D., is internationally renowned for her clinical expertise and pioneering research studies on body dysmorphic disorder (BDD). She also has expertise in olfactory reference disorder (preoccupation with perceived body odor), obsessive-compulsive disorder, skin-picking disorder, anxiety disorders, and other psychiatric conditions. Dr. Phillips is Professor of Psychiatry at Weill Cornell Medical College and Attending Psychiatrist at New York Presbyterian/Weill Cornell Medical Center in New York City. For additional information regarding Dr. Phillips and her practice: <https://weillcornell.org/katharine-phillips-md> and <http://www.katharinephillipsmd.com/>

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Medication Management

Medication Referral

Psychopharmacology

Other

POPULATIONS TREATED

Adolescents/Teens
Adults
Seniors

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Assessment
Body Dysmorphic Disorder
Body Focused Repetitive Behaviors
Depression
Eating Disorders
Generalized Anxiety Disorder (GAD)
Health Anxiety
MDD
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Phobias
Social Anxiety Disorder
Tourette's Syndrome
Trichotillomania
Other

PAYMENT OPTIONS

Accepts Credit Cards
Accepts Some Insurance



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>