



Matthew Mandelbaum

Zip Code: 06820

Zip Postal: 06820

Language: English

Populations Treated: Adults

Organization: Matthew Mandelbaum, PhD Groundbreaker Therapy

Treatment Options: Phone Consultations, Telehealth, In Office

Disorders Treated & Specialty: Academic Underachievement, Stress, Social Anxiety Disorder, Posttraumatic Stress Disorder (PTSD), Intrusive Thoughts, Grief, Depression, Borderline Personality Disorder (BPD), Bipolar Disorder, Attention-Deficit/Hyperactivity Disorder, Anxiety, Trauma

Treatment Methods: Telemental Health, Mindfulness, Dialectical Behavioral Therapy (DBT), Compassion-Focused Therapy, Cognitive Behavioral Therapy (CBT)

Payment Options: Accepts Venmo/App-based Payment, Accepts Cash and/or Checks, Accepts Credit Cards

Address1: 30 Old Kings Highway South

Address2: 1055

Website: <https://groundbreakertherapy.com/>

City: Darien

State/Providence: Connecticut

Degree: PhD, Med, MA

Preferred Pronouns: he/him/his

Email: drm@groundbreakertherapy.com

Office Phone: 2129330758

Telehealth: Wyoming, Wisconsin, West Virginia, Washington, Virginia, Vermont, Utah, Texas, Tennessee, Arizona, Indiana, Illinois, Idaho, Georgia, Florida, District of Columbia, Delaware, Connecticut, Colorado, Arkansas, Kansas, Alabama, New Hampshire, South Dakota, South Carolina, Rhode Island, Pennsylvania, Oklahoma, Ohio, North Dakota, North Carolina, New York, New Jersey, Nevada, Nebraska, Missouri, Mississippi, Minnesota, Michigan, Maryland, Maine, Kentucky

Cell Phone: 2129330758

ABOUT

I work with highly sensitive, intelligent individuals across 43 states through PSYPACT Authorization, helping professionals in business, tech, law, healthcare, education, and the arts, as well as emerging adults and university students. If you are among those dealing anxiety, depression, bipolar, PTSD, trauma and related sequelae, I aim to help build upon your capacities to heal and live more authentic, participatory, meaningful lives of worth. I seek to empower individuals to overcome personal challenges and embrace their full potential. Through a personalized approach that integrates Dialectical Behavior Therapy (DBT) and other therapeutic methods, I aim to empower each person to heal from past difficulties and move forward with confidence, clarity, and purpose. By fostering emotional resilience, self-acceptance, and personal growth, I aim to help my clients lead balanced, fulfilling lives. I believe that with the right tools and support, anyone can transform their past struggles into wisdom and strength, creating a path toward lasting well-being and success.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Compassion-Focused Therapy

Dialectical Behavioral Therapy (DBT)

Mindfulness

Telemental Health

POPULATIONS TREATED

Adults

DISORDERS AND SPECIALITIES

Academic Underachievement
Anxiety
Attention-Deficit/Hyperactivity Disorder
Bipolar Disorder
Borderline Personality Disorder (BPD)
Depression
Grief
Intrusive Thoughts
Posttraumatic Stress Disorder (PTSD)
Social Anxiety Disorder
Stress
Trauma

PAYMENT OPTIONS

Accepts Cash and/or Checks
Accepts Credit Cards
Accepts Venmo/App-based Payment



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>