



Maureen Healy

Zip Code: 10456

Zip Postal: 10456-3467

Language: English

Populations Treated: LGBTQI, Other, Families, Adults, Seniors

Organization: BronxCare Family Medicine

Treatment Options: In Office, Telehealth

Disorders Treated & Specialty: Generalized Anxiety Disorder (GAD), Anxiety, Bipolar Disorder, Chronic Illness, Depression, Gender Identity, Grief, LGBTQ+, MDD, Posttraumatic Stress Disorder (PTSD), Stress, Substance Abuse, Trauma

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

Payment Options: Sliding Scale, Accepts Some Insurance, Accepts Credit Cards

Address1: 1276 Fulton Ave

Address2: Fl 4

City: Bronx

State/Province: New York

Country: United States

Degree: LCSW

Email: maurhealy@gmail.com

Office Phone: 9175339774

Telehealth: New York

Professional focus: Social Worker

ABOUT

It is not uncommon to have periods in your life when you feel stuck, overwhelmed, and in need of support. Therapy can be an important tool to help you uncover your inner and outer resources so that you can live the life that you want. As a licensed clinical social worker, I specialize in working with people recovering from trauma, coping with depression, anxiety, and life transitions, exploring sexual and gender identity, and managing chronic illness. Together we will create an open and safe space to explore your needs and goals. With curiosity and compassion, we will build your insight and skills to meet your life's challenges. Everyone is different. I have experience in mind-body, insight-oriented, and solution-focused methods. Most importantly, I deeply listen. Clients have told me that our work together helps them feel supported and accepted, with improved confidence and energy to meet their goals. Each year I become more inspired by my clients' courage and growth. You can find out more about me at <https://headway.co/providers/maureen-healy>

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Compassion-Focused Therapy

Dialectical Behavioral Therapy (DBT)

Interpersonal Therapy (IPT)

Mindfulness

Telemental Health

POPULATIONS TREATED

Adults

Families
LGBTQI
Seniors
Other

DISORDERS AND SPECIALITIES

Anxiety
Bipolar Disorder
Chronic Illness
Depression
Gender Identity
Generalized Anxiety Disorder (GAD)
Grief
LGBTQ+
MDD
Posttraumatic Stress Disorder (PTSD)
Stress
Substance Abuse
Trauma

PAYMENT OPTIONS

Accepts Credit Cards
Accepts Some Insurance
Sliding Scale



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.

For the ADAA mental health professionals, this directory also helps you connect with potential patients. To join the directory, contact membership@adaa.org.

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 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

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>