



**Noah Clyman**

Zip Code: 10001

Zip Postal: 10001-1975

Language: English, Portuguese, Russian

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

Organization: NYC Cognitive Therapy

Treatment Options: Group Therapy, Home Visits, In Office, Telehealth

Disorders Treated & Specialty: Agoraphobia, Anxiety, Attention-Deficit/Hyperactivity Disorder, Bipolar Disorder, Body Dysmorphic Disorder, Body Focused Repetitive Behaviors, Depression, Divorce, Eating Disorders, Emetophobia, Gender Identity, Generalized Anxiety Disorder (GAD), Grief, Health Anxiety, Hoarding, Intrusive Thoughts, Irritable Bowel Syndrome (IBS), LGBTQ+, MDD, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias, Posttraumatic Stress Disorder (PTSD), Sleep Disorders, Social Anxiety Disorder, Stress, Substance Abuse, Trauma, Trichotillomania, Other

Treatment Methods: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Cognitive Behavioral Therapy for Insomnia (CBT-I), Compassion-Focused Therapy, Dialectical Behavioral Therapy (DBT), Exposure Therapy, Intensive Exposure Therapy Protocols, Medication Referral, Mindfulness, Telemental Health, Other

Payment Options: Accepts Credit Cards, Accepts Venmo/App-based Payment, Sliding Scale

Address1: 225 W 35th St

Address2: FI 7

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

City: New York

State/Province: New York

Country: United States

Degree: ACT, MSW

Preferred Pronouns: he/him/his

Email: [noahclyman@nycognitivetherapy.com](mailto:noahclyman@nycognitivetherapy.com)

Office Phone: (347) 470-8870

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

Cell Phone: 9737687552

Professional focus: Social Worker

## ABOUT

We are a group practice in Manhattan that specializes in providing CBT for adults in individual, couples, and group therapy. We also provide training and supervision for clinicians in Beckian CBT, as well as Trial-Based Cognitive Therapy (TBCT). All clinicians in the practice are certified in CBT by the Academy of Cognitive Therapy.

## TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Cognitive Behavioral Therapy for Insomnia (CBT-I)

Compassion-Focused Therapy

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

Intensive Exposure Therapy Protocols  
Medication Referral  
Mindfulness  
Telemental Health  
Other

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#### POPULATIONS TREATED

Adolescents/Teens  
Adults  
Couples  
LGBTQI  
Seniors

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#### DISORDERS AND SPECIALITIES

Agoraphobia  
Anxiety  
Attention-Deficit/Hyperactivity Disorder  
Bipolar Disorder  
Body Dysmorphic Disorder  
Body Focused Repetitive Behaviors  
Depression  
Divorce  
Eating Disorders  
Emetophobia  
Gender Identity  
Generalized Anxiety Disorder (GAD)  
Grief  
Health Anxiety  
Hoarding  
Intrusive Thoughts  
Irritable Bowel Syndrome (IBS)  
LGBTQ+  
MDD  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Phobias  
Posttraumatic Stress Disorder (PTSD)  
Sleep Disorders  
Social Anxiety Disorder  
Stress  
Substance Abuse  
Trauma  
Trichotillomania  
Other

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#### PAYMENT OPTIONS

Accepts Credit Cards  
Accepts Venmo/App-based Payment  
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.

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*For the ADAA mental health professionals, this directory also helps you connect with potential patients. To join the directory, contact [membership@adaa.org](mailto:membership@adaa.org).*

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*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.*

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#### 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](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>