



Sharon Batista

Zip Code: 10021

Zip Postal: 10021-5425

Language: English

Populations Treated: Adults, BIPOC, LGBTQI

Organization: Balanced Psychiatry of New York

Treatment Options: Telehealth

Disorders Treated & Specialty: Panic Attacks/Panic Disorder, Phobias, Postpartum, Posttraumatic Stress Disorder (PTSD), Social Anxiety Disorder, Tourette's Syndrome, Trichotillomania, Obsessive Compulsive Disorder (OCD), Agoraphobia, Anxiety, Attention-Deficit/Hyperactivity Disorder, BIPOC, Bipolar Disorder, Body Focused Repetitive Behaviors, Depression, Eating Disorders, Generalized Anxiety Disorder (GAD), Health Anxiety, Hoarding, Intrusive Thoughts

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

Payment Options: Accepts Credit Cards, Accepts Cash and/or Checks

Address1: 214 E 70th St

Address2: Ste B2

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

City: New York

State/Providence: New York

Country: United States

Degree: MD

Preferred Pronouns: she/her/hers

Email: Drbatista@balancedpsychiatry.com

Office Phone: 2128690515

Telehealth: Virginia, California, Connecticut, Florida, Illinois, Kansas, New Jersey, New York, Ohio, Pennsylvania, Texas

Cell Phone: 6465433121

Professional focus: Psychiatrist

ABOUT

Dr. Sharon M. Batista, MD, is a Board-Certified psychiatrist holding board certifications in several subspecialty areas (psychiatry, consultation-liaison psychiatry, and addiction medicine) and is a Fellow of the American Psychiatric Association, Fellow of the American Medical Women's Association, and Fellow of the Academy of Consultation-Liaison Psychiatry. Dr. Batista completed her medical education and psychiatric training at the Icahn School of Medicine's Mount Sinai Hospital and fellowship at New York University. She is the founder, owner and medical director of Balanced Psychiatry of New York, a private practice in New York City. In addition to her clinical work, Dr. Batista serves an active member of the teaching faculty of the Department of Psychiatry at The Mount Sinai Hospital as well as the treasurer of the American Medical Women's Association. Dr. Batista has committed her professional career to collaborative models of healthcare, advancing the efficacy of psychotherapy, and teaching and mentoring. Dr. Batista is passionate about the integration of psychodynamic and cognitive-behavioral techniques into psychiatric and medical care of diverse populations. Dr. Batista is available for treatment in NY, CA, OH, FL and some other states (pending) via telemedicine/telehealth.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Medication Management

Medication Referral

Psychopharmacology
Other

POPULATIONS TREATED

Adults
BIPOC
LGBTQI

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Attention-Deficit/Hyperactivity Disorder
BIPOC
Bipolar Disorder
Body Focused Repetitive Behaviors
Depression
Eating Disorders
Generalized Anxiety Disorder (GAD)
Health Anxiety
Hoarding
Intrusive Thoughts
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Phobias
Postpartum
Posttraumatic Stress Disorder (PTSD)
Social Anxiety Disorder
Tourette's Syndrome
Trichotillomania

PAYMENT OPTIONS

Accepts Cash and/or Checks
Accepts Credit Cards



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>