



Thai Alonso

Zip Code: 07069

Zip Postal: 07069

Language: Spanish, English

Populations Treated: Adults, Adolescents/Teens, Families

Organization: Thai Alonso, Ph.D., LLC

Treatment Options: Telehealth, In Office

Disorders Treated & Specialty: Depression, Other, Trauma, Social Anxiety Disorder, Separation Anxiety, Panic Attacks/Panic Disorder, Generalized Anxiety Disorder (GAD), Bipolar Disorder, Anxiety

Treatment Methods: Other, Interpersonal Therapy (IPT), Compassion-Focused Therapy, Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT)

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

Address1: 786 Mountain Blvd, STE 203A

Website: <https://thaialonsophd.com>

City: Watchung

State/Providence: New Jersey

Country: United States

Degree: PhD

Preferred Pronouns: she/her/hers

Email: Hello@ThaiAlonsoPhD.com

Office Phone: 973-317-8424

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

Cell Phone: 973-317-8424

Professional focus: Psychologist

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Compassion-Focused Therapy

Interpersonal Therapy (IPT)

Other

POPULATIONS TREATED

Adolescents/Teens

Adults

Families

DISORDERS AND SPECIALITIES

Anxiety

Bipolar Disorder

Depression

Generalized Anxiety Disorder (GAD)
Panic Attacks/Panic Disorder
Separation Anxiety
Social Anxiety Disorder
Trauma
Other

PAYMENT OPTIONS

Accepts Cash and/or Checks
Accepts Credit Cards



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>