



## Christina DiChiara

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Zip Code: 19010

Zip Postal: 19010-3859

Language: English

Populations Treated: Adolescents/Teens, Adults, Seniors

Organization: Center for Anxiety and Behavior Therapy

Treatment Options: Home Visits, In Office, Telehealth

Disorders Treated & Specialty: Trichotillomania, Body Dysmorphic Disorder, Anxiety, Body Focused Repetitive Behaviors, Generalized Anxiety Disorder (GAD), Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Social Anxiety Disorder, Specific Phobias, Trauma

Treatment Methods: Cognitive Behavioral Therapy (CBT), Exposure Therapy, Intensive Exposure Therapy Protocols

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

Address1: 940 E Haverford Rd

Address2: Ste 301

Website: <https://www.centerabt.com/>

City: Bryn Mawr

State/Province: Pennsylvania

Country: United States

Degree: PSYD

Preferred Pronouns: she/her/hers

Email: [christinadichiara@centerabt.com](mailto:christinadichiara@centerabt.com)

Office Phone: 610-455-5757

Telehealth: Pennsylvania

Professional focus: Psychologist

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### ABOUT

The Center for Anxiety & Behavior Therapy specializes in providing expert, evidence-based treatment for a broad range of conditions including obsessive compulsive disorder (OCD), posttraumatic stress disorder (PTSD), social anxiety disorder, panic disorder, generalized anxiety disorder, and specific phobias including fears of flying, heights, animals, insects, and vomiting. We also have specialized knowledge in the treatment of co-occurring substance abuse within anxiety disorders, severe and treatment refractory anxiety disorders, and obsessive-compulsive-spectrum disorders including body dysmorphic disorder, hair pulling and skin picking.

### TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

### POPULATIONS TREATED

Adolescents/Teens

Adults

Seniors

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#### DISORDERS AND SPECIALITIES

Anxiety  
Body Dysmorphic Disorder  
Body Focused Repetitive Behaviors  
Generalized Anxiety Disorder (GAD)  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Posttraumatic Stress Disorder (PTSD)  
Social Anxiety Disorder  
Specific Phobias  
Trauma  
Trichotillomania

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#### PAYMENT OPTIONS

Accepts Cash and/or Checks  
Accepts Credit Cards



#### ABOUT ANXIETY & DEPRESSION ASSOCIATION

The Anxiety and Depression Association of America (ADAA) developed this **Find Your Therapist Directory** for you to connect with licensed mental health professionals.

Know that you are not alone, and help is available.

ADAA is a nonprofit organization dedicated to the prevention, treatment, and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through the alignment of science, treatment, and education.

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*For the ADAA mental health professionals, this directory also helps you connect with millions of potential patients.*

*To join the directory, contact [membership@adaa.org](mailto:membership@adaa.org).*

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**If you are in crisis call or text 988 for the Suicide & Crisis Lifeline.**

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#### HELPFUL LINKS

##### **ADAA Website**

<https://adaa.org/>

##### **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 Newsletter Sign Up**

[https://adaa.informz.net/adaa/pages/Triumph\\_Subscribe\\_page](https://adaa.informz.net/adaa/pages/Triumph_Subscribe_page)

##### **Get Involved with ADAA**

