



## Ferdinando Palumbo

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Zip Code: 07444

Zip Postal: 07444-1930

Language: English, Italian

Populations Treated: Children, Adolescents/Teens, Adults, Seniors, LGBTQI, Other

Organization: Northern NJ CBT

Treatment Options: Group Therapy, In Office, Telehealth

Disorders Treated & Specialty: Social Anxiety Disorder, Tourette's Syndrome, Trauma, Trichotillomania, School Refusal, Attention-Deficit/Hyperactivity Disorder, Agoraphobia, Anxiety, Behavioral Issues, Body Focused Repetitive Behaviors, Depression, Emetophobia, Generalized Anxiety Disorder (GAD), Health Anxiety, Hoarding, Intrusive Thoughts, MDD, Misophonia, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias, Posttraumatic Stress Disorder (PTSD)

Treatment Methods: Intensive Exposure Therapy Protocols, Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Exposure Therapy, Mindfulness

Payment Options: Accepts Credit Cards, Accepts Cash and/or Checks, Accepts Venmo/App-based Payment, Sliding Scale

Address1: 498 Newark Pompton Tpke

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

City: Pompton Plains

State/Providence: New Jersey

Country: United States

Degree: LCSW, MSW

Preferred Pronouns: he/him/his

Email: [ferd@northernnjcbt.com](mailto:ferd@northernnjcbt.com)

Office Phone: (973) 567-7950

Telehealth: Florida, New Jersey

Professional focus: Social Worker, Trainees

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### TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

Mindfulness

### POPULATIONS TREATED

Adolescents/Teens

Adults

Children

LGBTQI

Seniors

Other

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## DISORDERS AND SPECIALITIES

Agoraphobia  
Anxiety  
Attention-Deficit/Hyperactivity Disorder  
Behavioral Issues  
Body Focused Repetitive Behaviors  
Depression  
Emetophobia  
Generalized Anxiety Disorder (GAD)  
Health Anxiety  
Hoarding  
Intrusive Thoughts  
MDD  
Misophonia  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Phobias  
Posttraumatic Stress Disorder (PTSD)  
School Refusal  
Social Anxiety Disorder  
Tourette's Syndrome  
Trauma  
Trichotillomania

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## PAYMENT OPTIONS

Accepts Cash and/or Checks  
Accepts Credit Cards  
Accepts Venmo/App-based Payment  
Sliding Scale



#### 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**

