



Jan Newman

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Zip Code: 28210

Zip Postal: 28210

Populations Treated: Children, Adolescents/Teens, Adults

Organization: Jan Newman, PhD, PLLC

Treatment Options: In Office, Telehealth, Phone Consultations

Disorders Treated & Specialty: Trichotillomania, Trauma, Body Dysmorphic Disorder, Agoraphobia, Anxiety, Attention-Deficit/Hyperactivity Disorder, Body Focused Repetitive Behaviors, Generalized Anxiety Disorder (GAD), Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Separation Anxiety, Social Anxiety Disorder, Specific Phobias, Tourette's Syndrome

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

Payment Options: Accepts Credit Cards

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City: Charlotte

State/Province: North Carolina

Country: United States

Degree: PhD

Preferred Pronouns: she/her/hers

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Office Phone: 704-444-0087

Telehealth: Florida, North Carolina

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ABOUT

Dr. Newman provides Acceptance and Commitment Therapy (ACT) and Cognitive Behavioral Therapy (CBT) for all anxiety disorders including generalized anxiety, social anxiety, panic disorder, and phobias, trichotillomania and other body-focused repetitive behaviors, and tic disorder. She is also trained in Prolonged Exposure Therapy (PE) and Cognitive Processing Therapy (CPT) and is a certified therapist and supervisor in Trauma-Focused CBT (TF-CBT). She is an Individual Affiliate with the National Child Traumatic Stress Network. Dr. Newman also uses the Supportive Parenting for Anxious Childhood Emotions (SPACE) for parents of children and teens with anxiety. Dr. Newman also provides Acceptance and Commitment Therapy with exposure, Prolonged Exposure, and Trauma-Focused CBT for traumatic distress and PTSD. Dr. Newman integrates a highly behavioral yet interpersonal approach to therapy. Dr. Newman is a scientist and practitioner. She believes that the psychologist-client relationship is a powerful predictor of therapeutic outcomes for evidence-based treatment. Dr. Newman's practice focuses primarily on high-achievers and high-performers struggling with anxiety and trauma.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Compassion-Focused Therapy

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

Mindfulness

POPULATIONS TREATED

Adolescents/Teens

Adults

Children

DISORDERS AND SPECIALITIES

Agoraphobia

Anxiety

Attention-Deficit/Hyperactivity Disorder

Body Dysmorphic Disorder

Body Focused Repetitive Behaviors

Generalized Anxiety Disorder (GAD)

Obsessive Compulsive Disorder (OCD)

Panic Attacks/Panic Disorder

Posttraumatic Stress Disorder (PTSD)

Separation Anxiety

Social Anxiety Disorder

Specific Phobias

Tourette's Syndrome

Trauma

Trichotillomania

PAYMENT OPTIONS

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.

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.

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

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

Get Involved with ADAA

<https://adaa.org/get-involved>

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