



Jarell Myers

Notice (8): Undefined index: job_title [APP/View/OrganizationPdfStyles/default.ctp, line 52]

Notice (8): Undefined index: location [APP/View/OrganizationPdfStyles/default.ctp, line 63]

Zip Code: 07062

Zip Postal: 07062-1983

Language: English

Populations Treated: Adolescents/Teens, Adults, Families, Children

Organization: Center for Motivation and Change

Treatment Options: Group Therapy, In Office, Telehealth

Disorders Treated & Specialty: Agoraphobia, Anxiety, Depression, Generalized Anxiety Disorder (GAD), Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Separation Anxiety, Social Anxiety Disorder, Specific Phobias, Substance Abuse

Treatment Methods: Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Exposure Therapy, Mindfulness

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

Address1: 1402 South Ave

Address2: Apt 407

City: Plainfield

State/Providence: New Jersey

Country: United States

Home Email: jarell.r.o.myers@gmail.com

Degree: PhD

Preferred Pronouns: he/him/his

Email: jarellmyersphd@gmail.com

Office Phone: 2025778123

Telehealth: Massachusetts, New York

Cell Phone: 2025778123

Professional focus: Psychologist

Notice (8): Undefined index: tags [APP/View/Elements/custom_fields.ctp, line 35]

Notice (8): Undefined index: last_updated [APP/View/Elements/custom_fields.ctp, line 51]

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

Mindfulness

POPULATIONS TREATED

Adolescents/Teens

Adults

Children

Families

DISORDERS AND SPECIALITIES

Agoraphobia

Anxiety

Depression

Generalized Anxiety Disorder (GAD)
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Separation Anxiety
Social Anxiety Disorder
Specific Phobias
Substance Abuse

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.

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>

© 2026 ANXIETY & DEPRESSION ASSOCIATION. ALL RIGHTS RESERVED