



Jeremy Tyler

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Zip Code: 19104

Zip Postal: 19104-3344

Populations Treated: LGBTQI, Adults, Adolescents/Teens

Organization: University of Pennsylvania

Treatment Options: Teletherapy, Phone Consultations

Disorders Treated & Specialty: Misophonia, Agoraphobia, Anxiety, Body Dysmorphic Disorder, 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 Some Insurance

Address1: 3535 Market St

Address2: Ste 500

Website: <https://www.med.upenn.edu/ctsa/JeremyTylerPsyD.html>

City: Philadelphia

State/Province: Pennsylvania

Country: United States

Degree: Psy.D.

Preferred Pronouns: he/him/his

Email: jeremyty@pennmedicine.upenn.edu

Office Phone: 746-3349

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ABOUT

The CTSA remains open during the COVID-19 crisis and we are currently offering telehealth options for our evaluation and treatment services. Additionally, we are offering services to cope with anxiety and stress related to COVID-19. [Click here to learn more about our telehealth services.](#) The Center for the Treatment and Study of Anxiety at the University of Pennsylvania is... An internationally renowned treatment research center dedicated to developing, refining, and testing state-of-the-art therapies for anxiety and traumatic stress disorders. A world recognized clinic, which provides evidence-based cognitive-behavioral therapy to children, adolescents, and adults with anxiety disorders. A well-established resource for professionals, offering specialized training in the treatment of anxiety disorders to health professionals around the world. To contact our center: <https://redcap.med.upenn.edu/surveys/?s=AHY7YRJAIX>

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

POPULATIONS TREATED

Adolescents/Teens

Adults

LGBTQI

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Body Dysmorphic Disorder
Generalized Anxiety Disorder (GAD)
Misophonia
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Posttraumatic Stress Disorder (PTSD)
Social Anxiety Disorder
Specific Phobias
Trauma

PAYMENT OPTIONS

Accepts Credit Cards
Accepts Some Insurance



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

