



Jordan Heiden

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Zip Code: 08033

Zip Postal: 08033-2524

Language: English

Populations Treated: Adults

Treatment Options: Telehealth, Phone Consultations

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

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

Payment Options: Sliding Scale, Accepts Credit Cards

Address1: 300 W Mount Vernon Ave

Website: <http://jheiden.com>

City: Haddonfield

State/Providence: New Jersey

Country: United States

Degree: MA, NCC

Email: jordan@jheiden.com

Office Phone: 845 208-4671

Telehealth: New Jersey, New York

Professional focus: Counselor

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ABOUT

OCD is treatable. And though it may not feel like it now you deserve to have joy in your life. I'm a licensed counselor specializing in Exposure and Response Prevention (ERP), the gold standard treatment for OCD. I'm certified to provide ERP by the University of Penn, where I spent over two years getting trained by the top OCD experts in the field. I'm experienced with all OCD subtypes: perfectionism, doubt, sexual, pedophilia, pure-O, relationship, harm, contamination, existential, sensorimotor, "just right", and others. I carefully adapt ERP to each person's specific needs, and I target the mental compulsions and metacognitive beliefs that are often overlooked in OCD treatment. This results in highly tailored treatment to help you make deep-seated and long-lasting change. Call or email me to schedule a free phone consultation.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

POPULATIONS TREATED

Adults

DISORDERS AND SPECIALITIES

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

PAYMENT OPTIONS

Accepts Credit Cards
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.

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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