



Julie DiMatteo

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Zip Code: 07662

Zip Postal: 07662

Language: English

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

Organization: CBT Specialists of New Jersey

Treatment Options: In Office, Telehealth, Phone Consultations

Disorders Treated & Specialty: Stress, Trauma, Trichotillomania, Social Anxiety Disorder, Body Focused Repetitive Behaviors, Anxiety, Autism Spectrum Disorder, Depression, Generalized Anxiety Disorder (GAD), Infertility, Intrusive Thoughts, LGBTQ+, MDD, Misophonia, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias, Postpartum, Posttraumatic Stress Disorder (PTSD)

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

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

Address1: 340 W. Passaic Street

Website: <https://cbtspecialistsnj.com/>

City: Rochelle Park

State/Providence: New Jersey

Country: United States

Degree: ABPP, PhD

Preferred Pronouns: she/her/hers

Email: julie.dimatteo@cbtspecialistsnj.com

Office Phone: 201-844-9934

Telehealth: New Jersey, New York

Cell Phone: 201-844-9934

Professional focus: Psychologist

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ABOUT

Dr. Julie DiMatteo is the co-founder of CBT Specialists of New Jersey, a private group practice that specializes in the treatment of anxiety, depression, OCD, trauma, and Autism for adolescents and adults. Dr. DiMatteo is also trained in the treatment of perinatal mood and anxiety disorders.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

Interpersonal Therapy (IPT)

Mindfulness

POPULATIONS TREATED

Adolescents/Teens

Adults
LGBTQI
Seniors

DISORDERS AND SPECIALITIES

Anxiety
Autism Spectrum Disorder
Body Focused Repetitive Behaviors
Depression
Generalized Anxiety Disorder (GAD)
Infertility
Intrusive Thoughts
LGBTQ+
MDD
Misophonia
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Phobias
Postpartum
Posttraumatic Stress Disorder (PTSD)
Social Anxiety Disorder
Stress
Trauma
Trichotillomania

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

