



Martin Seif

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

Zip Code: 06830

Zip Postal: 06830-6520

Populations Treated: Adolescents/Teens, Adults

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

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ABOUT

A Founder of ADAA, member of its Clinical Advisory Board. Highly experienced in treating Panic, Anxiety, Phobias, & OCD. Board Certified in CBT by ABPP. I provide assessment, training, and treatment. I run Freedom to Fly Now (www.freedomtoflynow.com), an airport-based group program to help people overcome fear of flying.

TREATMENT APPROACH

POPULATIONS TREATED

Adolescents/Teens

Adults

DISORDERS AND SPECIALITIES

Agoraphobia

Anxiety

Generalized Anxiety Disorder (GAD)

Obsessive Compulsive Disorder (OCD)

Panic Attacks/Panic Disorder

Social Anxiety Disorder

Specific Phobias

Other

PAYMENT OPTIONS



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

