



Michelle Cavanaugh

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Zip Code: 10579

Zip Postal: 10579-3420

Language: English

Populations Treated: Adults, Seniors

Organization: The Anxiety Paradox/ DARE Response

Disorders Treated & Specialty: Trichotillomania, Social Anxiety Disorder, Separation Anxiety, Posttraumatic Stress Disorder (PTSD), Panic Attacks/Panic Disorder, Obsessive Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), Depression, Body Focused Repetitive Behaviors, Anxiety, Agoraphobia

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

Payment Options: Accepts Credit Cards

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City: Putnam Valley

State/Providence: New York

Country: United States

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Telehealth: New York

Professional focus: Social Worker

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ABOUT

Runs and oversees all clinical programs and content of DARE Response, an international anxiety disorder program, including creating content, facilitating webinars, groups, and one-to-one calls with 55,000 active monthly users on our app that has over a million downloads.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Mindfulness

POPULATIONS TREATED

Adults

Seniors

DISORDERS AND SPECIALITIES

Agoraphobia

Anxiety

Body Focused Repetitive Behaviors
Depression
Generalized Anxiety Disorder (GAD)
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Posttraumatic Stress Disorder (PTSD)
Separation Anxiety
Social Anxiety Disorder
Trichotillomania

PAYMENT OPTIONS

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>

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