



## Michelle Heller

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Zip Code: 11570

Zip Postal: 11570-3712

Language: English

Populations Treated: Adults, Adolescents/Teens, Children

Treatment Options: In Office, Telehealth

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

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

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

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Professional focus: Psychologist

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### ABOUT

I have been working as a psychologist for over 20 years. Using evidence based treatment tailored to each client, I work to create an atmosphere that promotes self-acceptance and flexibility in managing anxiety and depression. An area of specialty is working with children, adolescents and young adults, helping them learn how to manage anxiety and depression and adapt to their family and school environments. Most importantly I focus on individuals' strengths and hope to provide them with skills they can use in their everyday lives.

### TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Mindfulness

### POPULATIONS TREATED

Adolescents/Teens

Adults

Children

## DISORDERS AND SPECIALITIES

Agoraphobia

Anxiety

Depression

Generalized Anxiety Disorder (GAD)

Obsessive Compulsive Disorder (OCD)

Panic Attacks/Panic Disorder

Separation Anxiety

Social Anxiety Disorder

Specific Phobias

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## PAYMENT OPTIONS

Accepts Cash and/or Checks

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.

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*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](mailto:membership@adaa.org).*

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If you are in crisis call or text 988 for the Suicide & Crisis Lifeline.

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#### 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](https://adaa.informz.net/adaa/pages/Triumph_Subscribe_page)

##### **Get Involved with ADAA**

