



Natalia Skritskaya

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Zip Code: 10027

Zip Postal: 10027-5927

Language: Russian, English

Populations Treated: Seniors, Adults

Organization: Columbia University

Treatment Options: Phone Consultations, Telehealth

Disorders Treated & Specialty: Other, Trauma, Posttraumatic Stress Disorder (PTSD), Depression, Anxiety

Treatment Methods: Other, Exposure Therapy, Cognitive Behavioral Therapy (CBT)

Payment Options: Accepts Venmo/App-based Payment, Accepts Cash and/or Checks

Address1: 1255 Amsterdam Ave

Website: <http://complicatedgrief-ny.com>

City: New York

State/Providence: New York

Country: United States

Degree: PhD

Preferred Pronouns: she/her/hers

Email: ns2712@columbia.edu

Office Phone: 212-851-2325

Telehealth: New York

Cell Phone: 646-820-6354

Professional focus: Psychologist

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ABOUT

Dr. Skritskaya is a licensed psychologist in the state of New York. who practices via teletherapy. She specializes in helping people dealing with a difficult loss and is an expert in treating Prolonged Grief Disorder, dividing her time between research at Columbia University and private practice. Dr. Skritskaya's background is in cognitive-behavioral therapy with additional expertise in research and treatment of Illness Anxiety.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Other

POPULATIONS TREATED

Adults

Seniors

DISORDERS AND SPECIALITIES

Anxiety

Depression
Posttraumatic Stress Disorder (PTSD)
Trauma
Other

PAYMENT OPTIONS

Accepts Cash and/or Checks
Accepts Venmo/App-based Payment



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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