



Robert Ackerman

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Zip Code: 13775

Zip Postal: 13775

Language: English

Populations Treated: Adolescents/Teens, Adults, Seniors, Couples, Families, LGBTQI, Other, Children

Organization: Anxiety Disorders Treatment in Brooklyn and New York Telehealth Telephone 718 857 3297

Treatment Options: In Office, Telehealth, Phone Consultations

Disorders Treated & Specialty: Autism Spectrum Disorder, Agoraphobia, Anxiety, Attention-Deficit/Hyperactivity Disorder, Body Dysmorphic Disorder, Depression, Generalized Anxiety Disorder (GAD), Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Selective Mutism Disorder, School Refusal, Separation Anxiety, Social Anxiety Disorder, Specific Phobias, Other

Treatment Methods: Medication Referral, Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Compassion-Focused Therapy, Exposure Therapy, Intensive Exposure Therapy Protocols, Interpersonal Therapy (IPT), Mindfulness

Payment Options: Accepts Venmo/App-based Payment, Sliding Scale

Address1: PO Box 292

City: Franklin

State/Providence: New York

Country: United States

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Telehealth: New York

Cell Phone: 718 857 3297

Professional focus: Social Worker

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ABOUT

Specific goal oriented treatment for adults, children and adolescents suffering from anxiety and related distress and depression, Panic Attacks, Agoraphobia, Obsessive-Compulsive Disorder, Specific and Social Phobias (generalized and public speaking), Hypochondriasis (illness obsession), Generalized Anxiety (uncontrolled worry), Post Traumatic Stress Disorder, fear of flying, Adjustment Disorders, Cognitive-behavioral, supportive and compassionate existential approach, and in-vivo supported exposure, Park Slope, Brooklyn location convenient to Manhattan, Staten Island, Queens and New Jersey. Member of ADAA since 1980. Currently doing the Covid epidemic I am doing telehealth with New York City and State residents only.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Compassion-Focused Therapy

Exposure Therapy

Intensive Exposure Therapy Protocols

Interpersonal Therapy (IPT)

Medication Referral

Mindfulness

POPULATIONS TREATED

Adolescents/Teens
Adults
Children
Couples
Families
LGBTQI
Seniors
Other

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Attention-Deficit/Hyperactivity Disorder
Autism Spectrum Disorder
Body Dysmorphic Disorder
Depression
Generalized Anxiety Disorder (GAD)
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Posttraumatic Stress Disorder (PTSD)
School Refusal
Selective Mutism Disorder
Separation Anxiety
Social Anxiety Disorder
Specific Phobias
Other

PAYMENT OPTIONS

Accepts Venmo/App-based Payment
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.

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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