



Sharon Batista

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Zip Code: 10021

Zip Postal: 10021-5425

Populations Treated: LGBTQI, Adults

Organization: Balanced Psychiatry of New York

Treatment Options: Teletherapy

Disorders Treated & Specialty: Generalized Anxiety Disorder (GAD), Agoraphobia, Anxiety, Attention-Deficit/Hyperactivity Disorder, Bipolar Disorder, Body Focused Repetitive Behaviors, Depression, Eating Disorders, Hoarding, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Social Anxiety Disorder, Specific Phobias, Tourette's Syndrome, Trichotillomania

Treatment Methods: Cognitive Behavioral Therapy (CBT), Exposure Therapy, Medication Management, Medication Referral, Psychopharmacology, Other

Payment Options: Accepts Credit Cards, Accepts Some Insurance

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City: New York

State/Province: New York

Country: United States

Degree: MD

Preferred Pronouns: she/her/hers

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ABOUT

Dr. Sharon M. Batista, MD, is a Board-Certified psychiatrist holding board certifications in several subspecialty areas (psychiatry, consultation-liaison psychiatry, and addiction medicine) and is a Fellow of the American Psychiatric Association, Fellow of the American Medical Women's Association, and Fellow of the Academy of Consultation-Liaison Psychiatry. Dr. Batista completed her medical education and psychiatric training at the Icahn School of Medicine's Mount Sinai Hospital and fellowship at New York University. She is the founder, owner and medical director of Balanced Psychiatry of New York, a private practice in New York City. In addition to her clinical work, Dr. Batista serves an active member of the teaching faculty of the Department of Psychiatry at The Mount Sinai Hospital as well as the treasurer of the American Medical Women's Association. Dr. Batista has committed her professional career to collaborative models of healthcare, advancing the efficacy of psychotherapy, and teaching and mentoring. Dr. Batista is passionate about the integration of psychodynamic and cognitive-behavioral techniques into psychiatric and medical care of diverse populations. Dr. Batista is available for treatment in NY, CA, OH, FL and some other states (pending) via telemedicine/telehealth.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Medication Management

Medication Referral

Psychopharmacology

Other

POPULATIONS TREATED

Adults
LGBTQI

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Attention-Deficit/Hyperactivity Disorder
Bipolar Disorder
Body Focused Repetitive Behaviors
Depression
Eating Disorders
Generalized Anxiety Disorder (GAD)
Hoarding
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Posttraumatic Stress Disorder (PTSD)
Social Anxiety Disorder
Specific Phobias
Tourette's Syndrome
Trichotillomania

PAYMENT OPTIONS

Accepts Credit Cards
Accepts Some Insurance



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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