



Steven Tsao

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Zip Code: 19010

Zip Postal: 19010

Language: English

Populations Treated: Children, Adolescents/Teens, Adults

Organization: Center for Anxiety & Behavior Therapy

Treatment Options: Home Visits, In Office, Telehealth

Disorders Treated & Specialty: Trauma, Trichotillomania, Specific Phobias, Body Focused Repetitive Behaviors, Agoraphobia, Anxiety, Body Dysmorphic Disorder, Depression, Eating Disorders, Generalized Anxiety Disorder (GAD), Hoarding, Misophonia, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Social Anxiety Disorder

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

Payment Options: Accepts Credit Cards

Address1: 940 Haverford Road

Address2: Suite 301

Website: <http://www.centerabt.com>

City: Bryn Mawr

State/Providence: Pennsylvania

Country: United States

Degree: PhD

Email: steventsao@centerabt.com

Office Phone: 610-455-5757

Telehealth: Pennsylvania

Professional focus: Psychologist

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ABOUT

The Center for Anxiety & Behavior Therapy offers empirically-supported treatment for anxiety disorders including obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD), social anxiety disorder, panic disorder, specific phobias, and generalized anxiety disorder. We also specialize in the dissemination of these treatments through workshops and expert consultation to other mental health professionals and agencies.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Interpersonal Therapy (IPT)

POPULATIONS TREATED

Adolescents/Teens

Adults

Children

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Body Dysmorphic Disorder
Body Focused Repetitive Behaviors
Depression
Eating Disorders
Generalized Anxiety Disorder (GAD)
Hoarding
Misophonia
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Posttraumatic Stress Disorder (PTSD)
Social Anxiety Disorder
Specific Phobias
Trauma
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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