



Yvonne Bregman

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Zip Code: OX2 6RA

Zip Postal: OX2 6RA

Language: Italian

Populations Treated: Adults, Seniors, Couples

Organization: Yvonne B Bregman, LCSW

Treatment Options: Telehealth, Phone Consultations

Disorders Treated & Specialty: Trichotillomania, Agoraphobia, Anxiety, Depression, Generalized Anxiety Disorder (GAD), Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Social Anxiety Disorder, Specific Phobias, Trauma

Treatment Methods: Cognitive Behavioral Therapy (CBT), Hypnotherapy, Medication Referral, Mindfulness, Other

Payment Options: Accepts Credit Cards, Sliding Scale

Address1: 1 Longworth Road

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City: Oxford

State/Providence: Jericho

Country: United Kingdom

Degree: LCSW, LICSW

Preferred Pronouns: she/her/hers

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Telehealth: Connecticut, Massachusetts, New York

Cell Phone: 203-512-0732

Professional focus: Social Worker

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ABOUT

Please visit my website at www.yvonnebbregman.com to read about my practice. I have had specialized training in the treatment of trauma and its aftermath.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Hypnotherapy

Medication Referral

Mindfulness

Other

POPULATIONS TREATED

Adults

Couples

Seniors

DISORDERS AND SPECIALITIES

Agoraphobia

Anxiety

Depression

Generalized Anxiety Disorder (GAD)

Obsessive Compulsive Disorder (OCD)

Panic Attacks/Panic Disorder

Posttraumatic Stress Disorder (PTSD)

Social Anxiety Disorder

Specific Phobias

Trauma

Trichotillomania

PAYMENT OPTIONS

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.

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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