



**Erika Forbes**

Zip Code: 15213  
Zip Postal: 15213  
Language: English  
Populations Treated: LGBTQI, Adolescents/Teens, Children  
Organization: University of Pittsburgh  
Treatment Options: Telehealth, In Office  
Disorders Treated & Specialty: Suicidal Ideation, Sleep Disorders, MDD, Depression, Anxiety  
Treatment Methods: Dialectical Behavioral Therapy (DBT), Mindfulness, Cognitive Behavioral Therapy (CBT)  
Payment Options: Accepts Credit Cards, Accepts Cash and/or Checks, Accepts Venmo/App-based Payment  
Address1: 121 Meyran Ave  
Address2: Room 319  
City: Pittsburgh  
State/Province: Pennsylvania  
Country: United States  
Degree: PhD  
Preferred Pronouns: she/her/hers  
Email: forbes@upmc.edu  
Office Phone: 4128892890  
Telehealth: Pennsylvania  
Cell Phone: 4128892890  
Professional focus: Psychologist, Researcher

#### ABOUT

I have a PhD in Clinical and Developmental Psychology, and my approach focuses on evidence-based practices grounded in developmental psychopathology and affective neuroscience. I particularly emphasize emotion regulation, and I typically treat clients who are 15-25 years old. I am drawn to supporting people as they navigate this exciting but challenging period of development, and I especially find it rewarding to treat depression, anxiety, and sleep problems in the context of identity and social context. I take a collaborative stance and draw on each person's strengths to help them navigate their unique path.

#### TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)  
Dialectical Behavioral Therapy (DBT)  
Mindfulness

#### POPULATIONS TREATED

Adolescents/Teens  
Children  
LGBTQI

#### DISORDERS AND SPECIALITIES

Anxiety  
Depression  
MDD  
Sleep Disorders  
Suicidal Ideation

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#### PAYMENT OPTIONS

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



## ABOUT ANXIETY & DEPRESSION ASSOCIATION (ADAA)

### Looking for a Therapist? ADAA Can Help

ADAA's Find Your Therapist Directory is your trusted resource for connecting with licensed mental health professionals who specialize in treating anxiety, depression, OCD, PTSD, and other related disorders. Each provider listed holds a valid clinical license and brings expertise to support your mental wellness journey.

### If You're Having Trouble Finding a Therapist

If you don't find a match in our directory, we encourage you to:

- Contact your primary care provider
- Check with your health insurance company
- Explore other reputable directories of licensed mental health professionals

Please Note:

- U.S.-based clinicians cannot see clients who reside outside the United States due to licensing laws.
- Clinicians who do not mention insurance participation in their profile do not accept insurance.

**Know that you are not alone, and help is available. If you are in crisis call or text 988 for the Suicide & Crisis Lifeline.**

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*The members in ADAA's Find Your Therapist directory are listed for the sole purpose of helping the public or serving as an ADAA professional member referral.*

*The emails of the therapists cannot be used to contact them for any reason other than requesting mental health services or for an ADAA professional member to reach out to another member to discuss a possible referral. These emails are not to be used to solicit business or promote any products. ADAA reserves the right to take legal action if solicitations occur.*

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## HELPFUL LINKS

**ADAA Website**

<https://adaa.org/>

**Tips and Questions About How to Choose a Therapist That's Right for You**

<https://adaa.org/finding-help/treatment/choosing-therapist>

**5 Tips for How to Know If an Anxiety Therapist Is the Right Fit for You**

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/5-tips-how-know-if-anxiety-therapist-right-fit>

**Watch ADAA's Short "What is" Videos on Anxiety, Depression, MDD, PTSD, OCD and more!**

<https://adaa.org/resources-news/from-adaa-experts/videos>

**ADAA's Free 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 Free Newsletter Sign Up**

[https://adaa.informz.net/adaa/pages/Triumph\\_Subscribe\\_page](https://adaa.informz.net/adaa/pages/Triumph_Subscribe_page)

**Join a Free ADAA Online Peer-to-Peer Support Community**

<https://adaa.org/find-help/support>

**Meet ADAA's Institutional Members**

<https://adaa.org/professionals/Institutional-Memberships>

**Therapists: Watch ADAA's Find Your Therapist Video and Join the Directory!**

<https://youtu.be/Eq3zOzbfGoU>