



Josh Spitalnick

Zip Code: 30338

Zip Postal: 30338-4135

Language: English

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

Organization: Anxiety Specialists of Atlanta

Treatment Options: Phone Consultations, Telehealth, In Office, Home Visits, Group Therapy

Disorders Treated & Specialty: Obsessive Compulsive Disorder (OCD), Stress, Social Anxiety Disorder, Separation Anxiety, Phobias, Panic Attacks/Panic Disorder, Health Anxiety, Generalized Anxiety Disorder (GAD), Depression, Anxiety, Agoraphobia

Treatment Methods: Telemental Health, Mindfulness, Medication Referral, Intensive Exposure Therapy Protocols, Exposure Therapy, Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT)

Payment Options: Sliding Scale, Accepts Cash and/or Checks, Accepts Credit Cards

Address1: 1360 Center Dr

Address2: Ste 200

Website: <https://anxietyspecialistsofatlanta.com>

City: Dunwoody

State/Providence: Georgia

Degree: PhD, ABPP

Email: drspitalnick@anxietyatl.com

Office Phone: 678-825-2320

Telehealth: Wyoming, Wisconsin, West Virginia, Washington, Virginia, Arkansas, Iowa, Indiana, Illinois, Idaho, Georgia, Florida, District of Columbia, Delaware, Connecticut, Colorado, Kansas, Arizona, Alabama, New Jersey, Utah, Texas, Tennessee, South Carolina, Rhode Island, Pennsylvania, Oklahoma, Ohio, North Dakota, North Carolina, New Hampshire, Nevada, Nebraska, Missouri, Minnesota, Michigan, Maryland, Maine, Kentucky

ABOUT

I specialize in treating Anxiety Disorders, including OCD, Social Anxiety, Phobias, and Panic, by using the most effective treatment approach: Cognitive Behavioral Therapy and Exposure-based therapy. I provide all forms of exposure therapy (in vivo, imaginal, interoceptive, and virtual reality) and ERP for OCD. I also treat depression, relationship difficulties, and common everyday difficulties. I am Board Certified (ABPP) in Behavioral and Cognitive Psychology.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

Medication Referral

Mindfulness

Telemental Health

POPULATIONS TREATED

Adolescents/Teens

Adults

Children

Couples
Families
LGBTQI

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Depression
Generalized Anxiety Disorder (GAD)
Health Anxiety
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Phobias
Separation Anxiety
Social Anxiety Disorder
Stress

PAYMENT OPTIONS

Accepts Cash and/or Checks
Accepts Credit Cards
Sliding Scale



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.

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.

HELPFUL LINKS

ADAA Website

<https://adaa.org/>

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

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

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