



**Michael Brus**

Zip Code: 10024

Zip Postal: 10024-3664

Language: English

Populations Treated: Adults

Organization: Icahn School of Medicine at Mount Sinai

Treatment Options: In Office, Telehealth

Disorders Treated & Specialty: Attention-Deficit/Hyperactivity Disorder, Anxiety, Depression, Panic Attacks/Panic Disorder, Substance Abuse, Other

Treatment Methods: Medication Management, Mindfulness, Psychopharmacology, Exposure Therapy, Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT)

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

Address1: 5 W 86th St

Address2: Apt 9C

Website: <http://transformationpsychiatry.com>

City: New York

State/Providence: New York

Country: United States

Degree: MD

Email: [michael@transformationpsychiatry.com](mailto:michael@transformationpsychiatry.com)

Office Phone: 9293224590

Telehealth: Florida, New York

Cell Phone: 2063938955

Professional focus: Psychiatrist

#### TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

Medication Management

Mindfulness

Psychopharmacology

#### POPULATIONS TREATED

Adults

#### DISORDERS AND SPECIALITIES

Anxiety

Attention-Deficit/Hyperactivity Disorder

Depression

Panic Attacks/Panic Disorder

Substance Abuse

Other

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PAYMENT OPTIONS

Accepts Cash and/or Checks

Accepts Credit Cards



#### ABOUT ANXIETY & DEPRESSION ASSOCIATION (ADAA)

*ADAA's Find Your Therapist Directory connects YOU with licensed mental health professionals/counselors, with clinical licenses and who have expertise in anxiety, depression, OCD, PTSD, and co-occurring disorders.*

*We are increasing the number of mental health professionals listed. We also list ADAA members who work for behavioral health clinics.*

*If you cannot find a therapist, contact your medical provider, your insurance company, or other lists of licensed mental health professionals.*

*Please note that US clinicians are not able to see clients outside of the US due to licensing restrictions.*

*Please note that clinicians in the directory who do not state that they participate in an insurance plan do not take 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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*For the ADAA mental health professionals, this directory also helps you connect with potential patients. To join the directory, contact [membership@adaa.org](mailto:membership@adaa.org).*

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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 Chose 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 Depression, MDD, PTSD, OCD and Suicide**

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

**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 Support Community**

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

**Meet ADAA's Institutional Members**

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

**For Therapists: Watch ADAA's Find Your Therapist Video**

<https://youtu.be/Eq3zOzbfGoU>