



Michael Thase

Zip Code: 19063 Zip Postal: 19063-4132 Language: English

Populations Treated: Seniors, Adults Organization: Penn Psychiatry

Treatment Options: Telehealth, In Office

Disorders Treated & Specialty: Depression, Bipolar Disorder, Anxiety

Treatment Methods: Medication Management, Pyschopharmacology, Cognitive Behavioral Therapy (CBT)

Payment Options: Sliding Scale, Accepts Credit Cards, Accepts Some Insurance

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 $\mathsf{Degree} \colon \mathsf{MD}$

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ABOUT

I have a small private practice based within the Mood and Anxiety Section of the Department of Psychiatry of the Perelman School of Medicine of the University of Pennsylvania. I provide consultations and do a small amount of follow-up care of people with mood and anxiety disorders. For an appt call 215-898-4301

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT) Medication Management Pyschopharmacology

POPULATIONS TREATED

Adults Seniors

DISORDERS AND SPECIALITIES

Anxiety Bipolar Disorder Depression

PAYMENT OPTIONS

Accepts Credit Cards Accepts Some Insurance 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 propose 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.

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 and the state of t

Watch ADAA's Short "What is" Videos on Anxiety, Depression, MDD, PTD, 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

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