



Tamar Chansky

Zip Code: 19462

Zip Postal: 19462

Language: English

Populations Treated: Children, Adolescents/Teens, Adults

Organization: Children's and Adult Center for OCD and Anxiety

Treatment Options: Telehealth

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

Treatment Methods: Cognitive Behavioral Therapy (CBT), Telemental Health

Payment Options: Accepts Venmo/App-based Payment

Address1: 3138 Butler Pike

Address2: Suite 200

Website: <https://tamarchansky.com/>

City: Plymouth Meeting

State/Providence: Pennsylvania

Country: United States

Degree: PhD

Preferred Pronouns: she/her/hers

Email: tamarchansky@gmail.com

Office Phone: 215 6447744

Telehealth: Wisconsin, Wyoming, West Virginia, Maine, Alabama, Arizona, Colorado, Connecticut, Delaware, District of Columbia, Florida, Georgia, Idaho, Illinois, Maryland, Minnesota, Mississippi, Missouri, New Hampshire, New Jersey, North Carolina, Ohio, Pennsylvania, Rhode Island, Texas, Utah, Virginia, Washington

Cell Phone: 2153809754

Professional focus: Psychologist

ABOUT

I work with children, teen, adults, and families to understand and take charge of their anxiety with powerful strategies that enable them to change their relationship with their emotions and take charge of their life.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Telemental Health

POPULATIONS TREATED

Adolescents/Teens

Adults

Children

DISORDERS AND SPECIALITIES

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

PAYMENT OPTIONS

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.

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/>

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

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>