CBT DBT Associates

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Company logo

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CBT/DBT Associates is a private psychology practice group specializing in cognitive behavioral therapy and dialectical behavior therapy in NYC for children, adolescents, and adults, under the directorship of Lisa A. Napolitano, Ph.D. We are a group of behaviorally trained psychologists committed to providing the highest quality, research-based, and cutting edge cognitive-behavioral treatments.

Our Services are..

DBT Group therapy

Therapy for young adults

Emotional Regulation Therapy

Mindfulness Therapy

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