

Dr. Victoria Wacha Opens Summit OCD & Anxiety Therapy, LLC: A New Resource for Mental Health Support in the Community

Offering a Collaborative Approach to Therapy for Adolescents and Adults



New York City, New York Nov 5, 2024 ([Issuewire.com](https://www.issuewire.com)) - A licensed clinical psychologist and certified school psychologist, Dr. Wacha is the Founder of Summit OCD & Anxiety Therapy, LLC. Located in Englewood, New Jersey, her private practice focuses on providing specialized treatment for

adolescents and adults grappling with obsessive-compulsive disorder (OCD), anxiety disorders, depression, and adjustment issues.

With a solid foundation in cognitive behavioral therapy (CBT) and certification in Exposure Response Prevention (ERP), she utilizes evidence-based practices that are recognized as the gold standard in treating OCD. Her therapeutic approach emphasizes collaboration, ensuring that clients feel safe and supported as they navigate their mental health journeys. Her extensive clinical experience spans various settings, including crisis centers, residential treatment facilities, outpatient departments, and high schools.

“In my practice, I strive to create a nonjudgmental environment where clients can explore their thoughts and feelings openly,” said Dr. Wacha. “Together, we will work to identify and challenge unhelpful beliefs, patterns of thinking, and behaviors that contribute to their current struggles. My goal is to empower clients to develop effective coping strategies and gain insight into their emotional experiences.”

Education-wise, she holds a Bachelor of Arts degree in Communications from the University of Arizona, a Master of Arts degree in Counseling from New York University, and a Doctorate in School Psychology, with a concentration in Clinical Psychology, also from the University of Arizona. Her dedication to professional development is evident in her advanced training in multiple therapeutic modalities, including solution-focused and psychodynamic therapy.

Outside of her professional life, Dr. Wacha enjoys walking, hiking, reading, and spending quality time with her family and friends. She also has a passion for traveling, attending Broadway musicals, and enjoying the New York Philharmonic Symphony. She attributes her success to her passion for helping others and her goal-directed approach to therapy.

Learn More about Dr. Victoria Wacha:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/983980-Victoria-Wacha-Psychologist> or through her website, <https://summitocd-anxiety-therapy.clientsecure.me/>

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