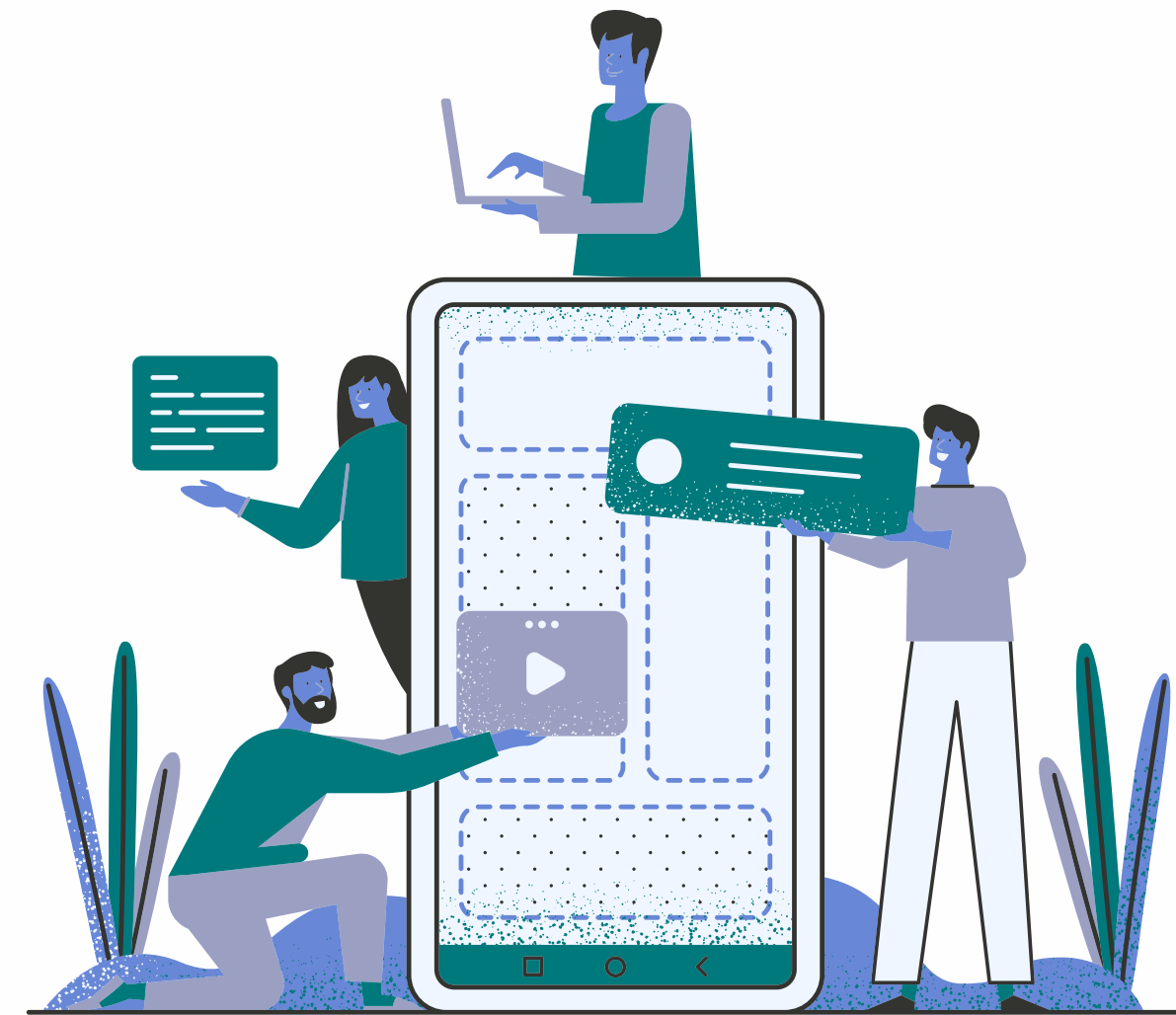


MANAGING YOUR ADAA FIND YOUR THERAPIST (FYT) PROFILE

www.findyourtherapist.adaa.org

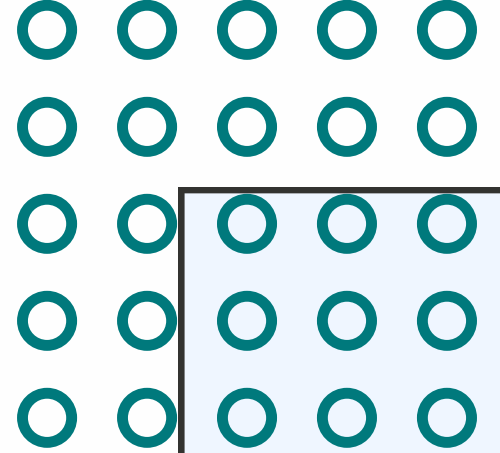


QUESTIONS?

EMAIL MEMBERSHIP@ADAA.ORG



Anxiety & Depression
Association of America
Triumphing Through Science, Treatment, and Education



In line with our mission, the updated Find Your Therapist Directory connects ADAA members with those looking for mental health care. The enhanced platform also allows our members to promote their practice and make referrals through a personalized directory listing.

This guide includes the steps for updating and managing your listing.

Managing your directory profile is very important as a robust profile listing will help ensure a higher click through rate for users seeking a therapist.

Questions? Please contact ADAA at membership@adaa.org.



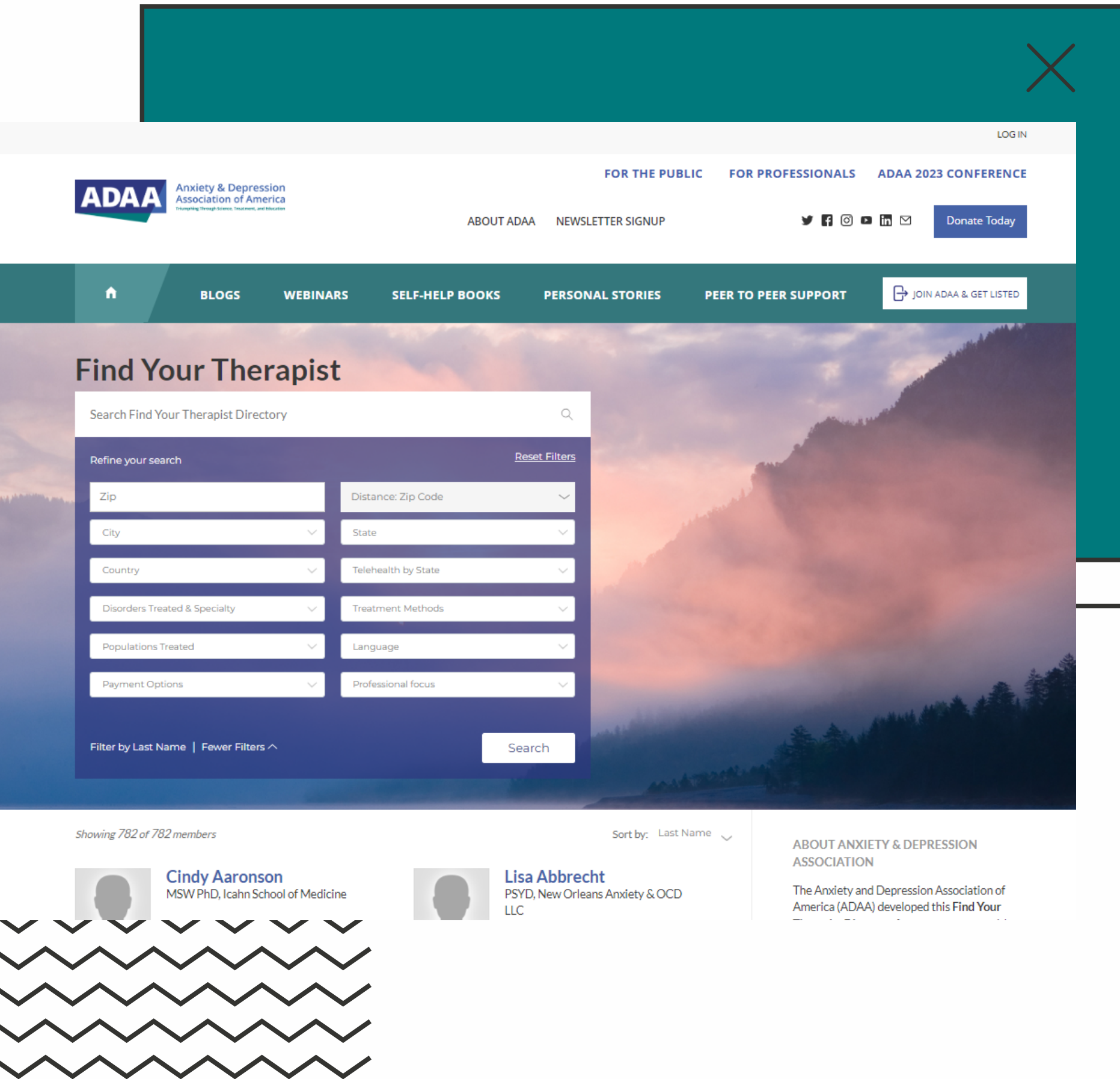
Introduction to the Homepage

This is the Directory home page.

Here you can see the directory search, search results (list of members/profiles), and sidebar.

This search includes a Zip Code search which can be filtered by distance.

Looking for a referral? Search here!



Introduction to the Homepage

Each member's account displays an avatar/headshot (which must be uploaded in your account), name, degree(s) & organization. This results list is in alphabetical order but can be sorted differently by clicking the sort by dropdown.

Showing 782 of 782 members Sort by: Last Name

	Cindy Aaronson MSW PhD, Icahn School of Medicine VIEW PROFILE		Lisa Abbrecht PSYD, New Orleans Anxiety & OCD LLC VIEW PROFILE
	James Abelson MD PhD, University of Michigan VIEW PROFILE		Robert Ackerman BA LCSW MSW, Anxiety Disorders Treatment in Brooklyn and New York Telehealth Telephone 718 857 3297 VIEW PROFILE

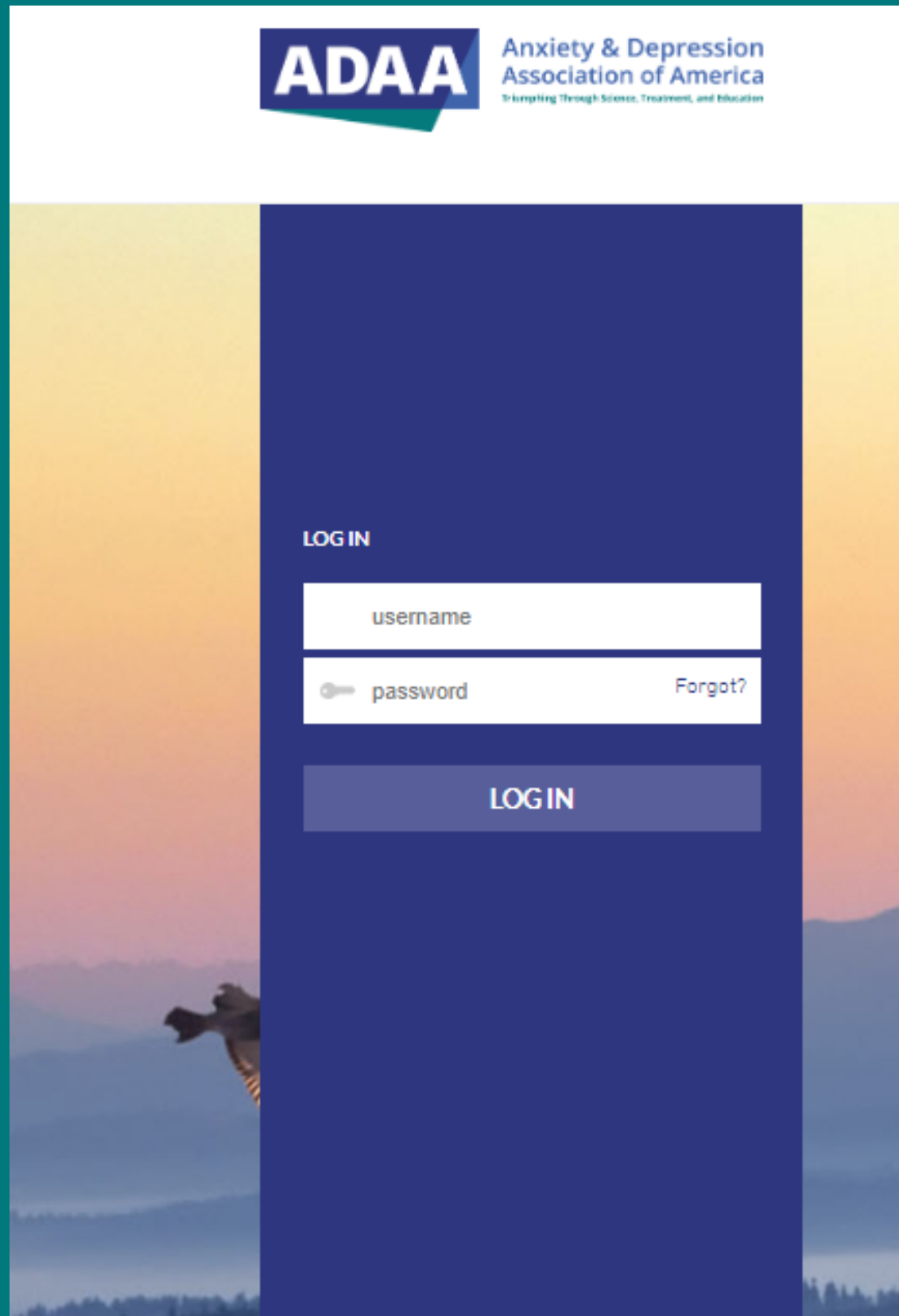
Logging In

The screenshot shows the ADAA website's 'Find Your Therapist' directory. At the top right, a 'LOGIN' button is highlighted with a yellow box. The page features a search bar, a filter panel with various dropdown menus (Zip, City, Country, Disorders Treated & Specialty, Populations Treated, Payment Options, Distance, State, Telehealth by State, Treatment Methods, Language, Professional focus), and a 'Search' button. Below the search results, there are profiles for Cindy Aaronson and Lisa Abbrecht, and a footer with the ADAA logo and contact information.

**THE LOGIN
BUTTON IS IN THE
TOP RIGHT
CORNER OF THE
PAGE.**

DIRECTORY URL: [HTTPS://FINDYOURTHERAPIST.ADAA.ORG](https://findyourtherapist.adaa.org)

Logging In

A screenshot of the ADAA login page. At the top left is the ADAA logo with the text "Anxiety & Depression Association of America" and the tagline "Breaking Through Science, Treatment, and Education". Below the logo is a dark blue vertical bar containing the login form. The form has a "LOGIN" heading, a "username" input field, a "password" input field with a "Forgot?" link, and a "LOGIN" button. The background of the page is a scenic image of a mountain range at sunset with a bird in flight.

ADAA Anxiety & Depression
Association of America
Breaking Through Science, Treatment, and Education

LOGIN

username

password [Forgot?](#)

LOGIN

USERNAME: YOUR USERNAME IS THE SAME AS YOUR ADAA MEMBERSHIP.

IF YOU DO NOT REMEMBER YOUR ADAA MEMBER USERNAME, PLEASE CONTACT MEMBERSHIP@ADAA.ORG.

FIRST TIME LOGGING IN: CLICK ON FORGOT TO RECEIVE AN EMAIL TO UPDATE YOUR PASSWORD.

DIRECTORY URL: [HTTPS://FINDYOURTHERAPIST.ADAA.ORG](https://findyourtherapist.adaa.org)

Your Headshot

Please be sure to upload a JPG or PNG headshot.

Headshot preferred dimensions should be square (200x200 px)

The screenshot shows a member directory interface. At the top, it says "Showing 782 of 782 members" and "Sort by: Last Name". There are four member cards visible. The first three have placeholder headshots and "VIEW PROFILE" buttons. The fourth, for Sasha Sicard, has a real headshot. A dark blue callout box with white text is overlaid on the right side of the screenshot, pointing to the headshot area. The callout text reads: "Your Headshot", "Please be sure to upload a JPG or PNG headshot.", and "Headshot preferred dimensions should be square (200x200 px)".

Showing 782 of 782 members

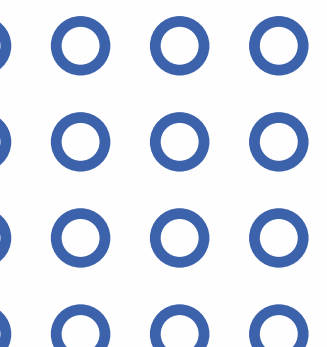
Sort by: Last Name

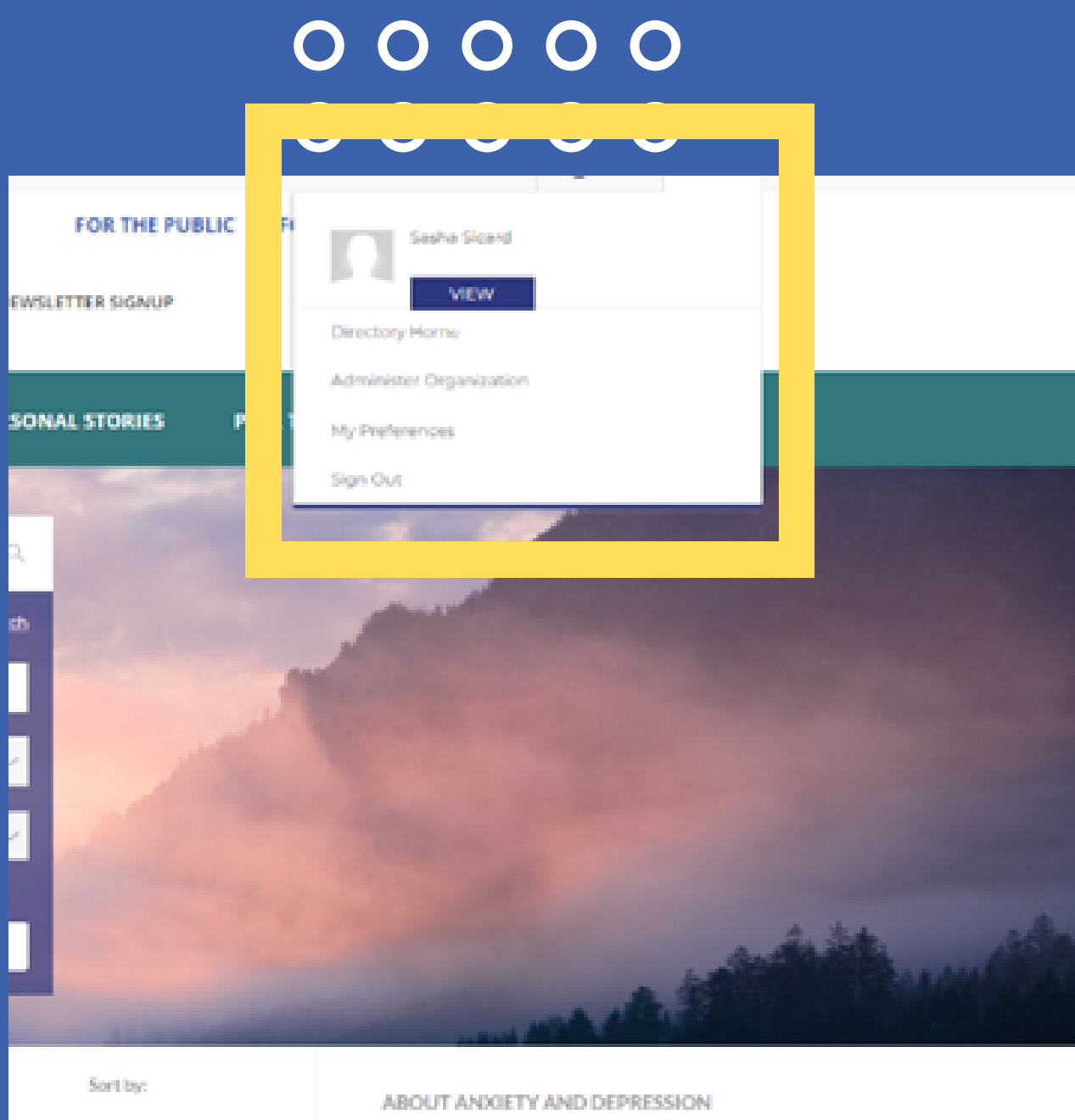
Cindy Aaronson
MSW PhD, Icahn School of Medicine
[VIEW PROFILE](#)

Lisa Abbrecht
PSYD, New Orleans Anxiety & OCD LLC
[VIEW PROFILE](#)

James Abelson
MD PhD, University of Michigan
[VIEW PROFILE](#)

Sasha Sicard
Zip Code: No content to display.
Language: No content to display.
Populations Treated: No content to display.
Disorders Treated & Specialty: No content to display.
Treatment Methods: No content to display.
Payment Options: No content to display.
City: No content to display.





Your Directory Profile

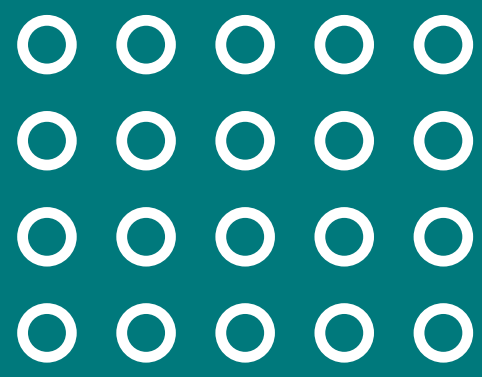
VIEW PROFILE & MORE

Here you can click on the “View” button to go to the edit mode of your Directory profile.

You can also go to Directory Home, My Preferences, and Sign Out.

DROPDOWN

Click on your avatar on the top right to access the account dropdown.



Your Directory Profile



BLOGS

WEBINARS

SELF-HELP BOOKS

PERSONAL STORIES

PEER TO PEER SUPPORT

JOIN ADAA & GET LISTED

BUSINESS CARD

DOWNLOAD PDF



Sasha Sicard

Zip Code: No content to display.

Language: No content to display.

Populations Treated: No content to display.

Disorders Treated & Specialty: No content to display.

Treatment Methods: No content to display.

Payment Options: No content to display.

City: No content to display.

State/Province: No content to display.

Country: No content to display.

Telehealth: No content to display.

Professional focus: No content to display.

About

This section is empty

Additional Information

This section is empty

Treatment Approach

Contact Info

Office:

Email:

Home Email:

Website:

Preferred Pronouns

Degrees

Organization

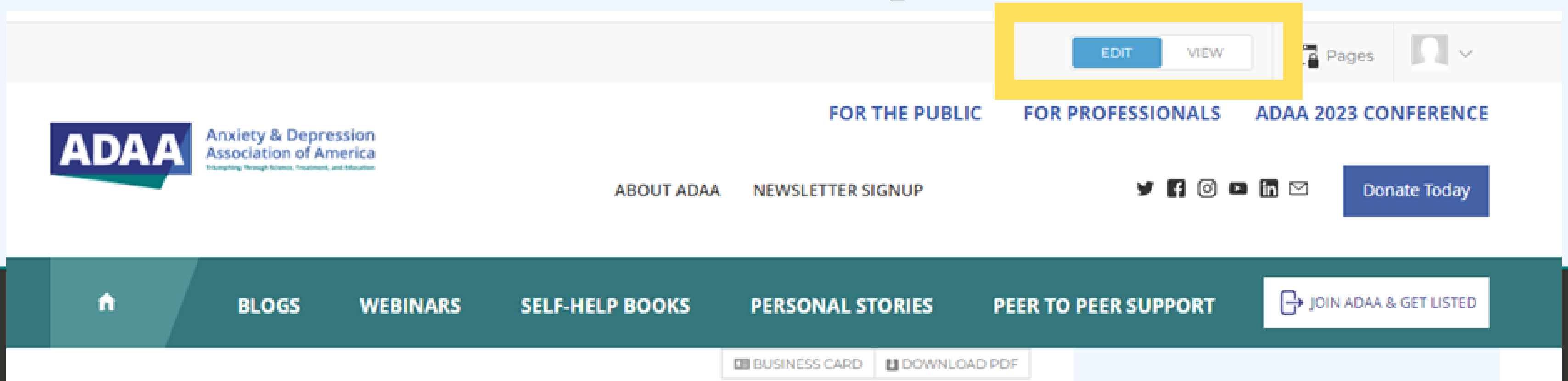
Treatment Options

**WELCOME TO THE
EDIT MODE OF YOUR
DIRECTORY PROFILE.**

HERE YOU CAN MAKE
CHANGES TO YOUR
PROFILE SECTIONS.



Your Directory Profile




Click on the toggle on the top right (Edit/View) to see the view mode of your profile.

This will give you a better idea of how your Directory profile will look to other members. To go back into edit mode and make more changes, click on the "Edit" toggle.

Your Directory Profile

BLOGS WEBINARS SELF-HELP BOOKS PERSONAL STORIES PEER TO

BUSINESS CARD **DOWNLOAD PDF**

 **Sasha Sicard**

Zip Code: No content to display.

Language: No content to display.

Populations Treated: No content to display.

Disorders Treated & Specialty: No content to display.

Treatment Methods: No content to display.

Payment Options: No content to display.

City: No content to display.

State/Providence: No content to display.

Country: No content to display.

Telehealth: No content to display.

Professional focus: No content to display.

ion is empty

Click on the “**Download PDF**” button on the top right of your profile to open a new tab and see the PDF version of your Directory profile. Here you can view a preview of your profile PDF and download it to share with others.

Your Directory Profile

Home BLOGS WEBINARS SELF-HELP BOOKS PERSONAL STORIES PEER TO

BUSINESS CARD DOWNLOAD PDF

Sasha Sicard

Zip Code: No content to display.

Language: No content to display.

Populations Treated: No content to display.

Disorders Treated & Specialty: No content to display.

Treatment Methods: No content to display.

Payment Options: No content to display.

City: No content to display.

State/Providence: No content to display.

Country: No content to display.

Telehealth: No content to display.

Professional focus: No content to display.

About

This section is empty

Your profile is composed of a “business card” at the top.

This includes your avatar (headshot)*, name, contact information, physical and telehealth location, and disorders treated/treatment option information.

Click on the pencil next to the items to update and edit information.

Changes to this business card reflect in your full profile.

Your name will pull from your ADAA Membership profile.

If you would like to update your account name you must login into your YM profile here.

For support or questions on your ADAA member profile, please email ADAA.

Your Directory Profile

On the Right in the blue box is your **Contact Info block**. Click on the pencil next to the items to update and edit information.

- Your outreach information (phone number and emails) are toggled to **private**. You can click the toggle to set to **Public** if you would like that information accessible to Directory Users.

Contact Info

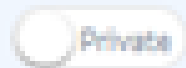
Address Info



City, State, Zip



Office:



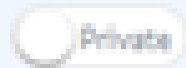
Email:



Home Email:



Website:



Preferred Pronouns



Degrees



Organization



Treatment Options





Your Directory Profile



Zip Code: 06877

Language: English

Populations Treated: Children, Adolescents/Teens, Adults, LGBTQI

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

Treatment Methods: Cognitive Behavioral Therapy (CBT), Exposure Therapy, Mindfulness

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

City: Ridgefield

State/Province: Connecticut

Country: United States

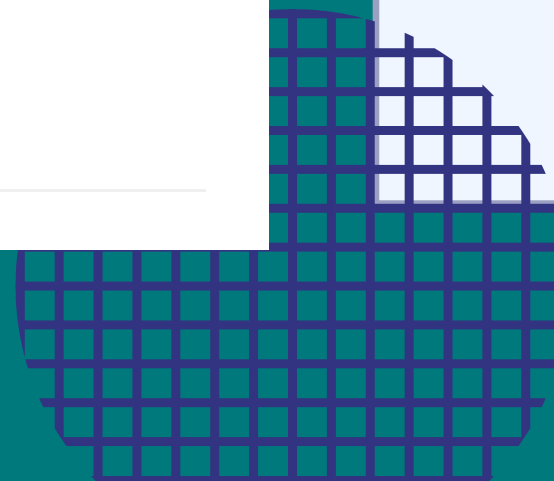
Telehealth: Connecticut, New York

Professional focus: Counselor

[SEND MESSAGE](#)

Directory users will be able to send you an email to contact you directly, *without seeing your email address*, by clicking the blue Send Message button on your profile.

EMAILS WILL BE SENT WITH THE HEADER: ADAA FIND YOUR THERAPIST DIRECTORY MESSAGE.





Your Directory Profile

About

Cognitive-Behavioral Therapy for obsessive-compulsive disorder (OCD), generalized anxiety disorder (GAD), social anxiety, panic disorder, post traumatic stress disorder (PTSD), phobias, school avoidance, body dysmorphic disorder (BDD), separation anxiety,

Treatment Approach

Cognitive Behavioral Therapy (CBT)

Populations Treated

Adolescents/Teens
Adults
Children

Disorders and Specialities

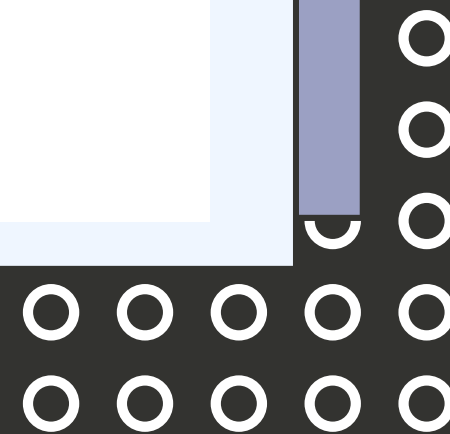
Agoraphobia
Anxiety

Payment Options

Accepts Cash and/or Checks
Accepts Credit Cards
Accepts Some Insurance
Sliding Scale

Below you will see other sections such as your:

- **About:** Enter your practice profile information – a summary about you, your practice, treatment methods your availability, the best way to contact you, and any additional key information!



Your Directory Profile

- **TREATMENT APPROACH**
- **POPULATION TREATED**
- **DISORDERS AND SPECIALITIES**
- **PAYMENT OPTIONS**

These content areas auto-populate from the top of your profile. To edit, click the pencil in the “Business Card” portion of your profile (above the blue send message button).

The screenshot shows a user profile for 'Sasha Sicard' on a directory website. At the top, there are navigation tabs: 'WEBINARS', 'SELF-HELP BOOKS', 'PERSONAL STORIES', and 'PEER TO'. Below these, there are buttons for 'BUSINESS CARD' and 'DOWN'. The profile details include: 'Zip Code: No content to display.', 'Language: No content to display.', 'Populations Treated: No content to display.', 'Disorders Treated & Specialty: No content to display.', 'Treatment Methods: No content to display.', 'Payment Options: No content to display.', 'City: No content to display.', 'State/Providence: No content to display.', 'Country: No content to display.', 'Telehealth: No content to display.', and 'Professional focus: No content to display.'. A vertical yellow bar on the right side of the profile contains a series of pencil icons, indicating edit options for each field. The top-most pencil icon in this bar is highlighted with a white border.



Your Directory Profile

About



This section is empty

Additional Information



This section is empty

Treatment Approach

Populations Treated

Disorders and Specialities

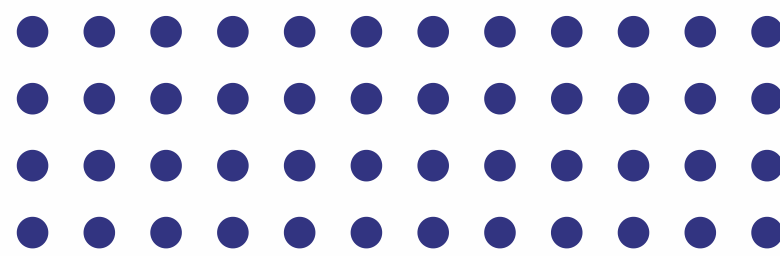
Payment Options

ADDITIONAL INFORMATION

You can add any additional content you want to complete your profile about your practice, treatment details, and more!

If no content is added to the Additional Information box, then it will not appear in the public view.

Additional Sections

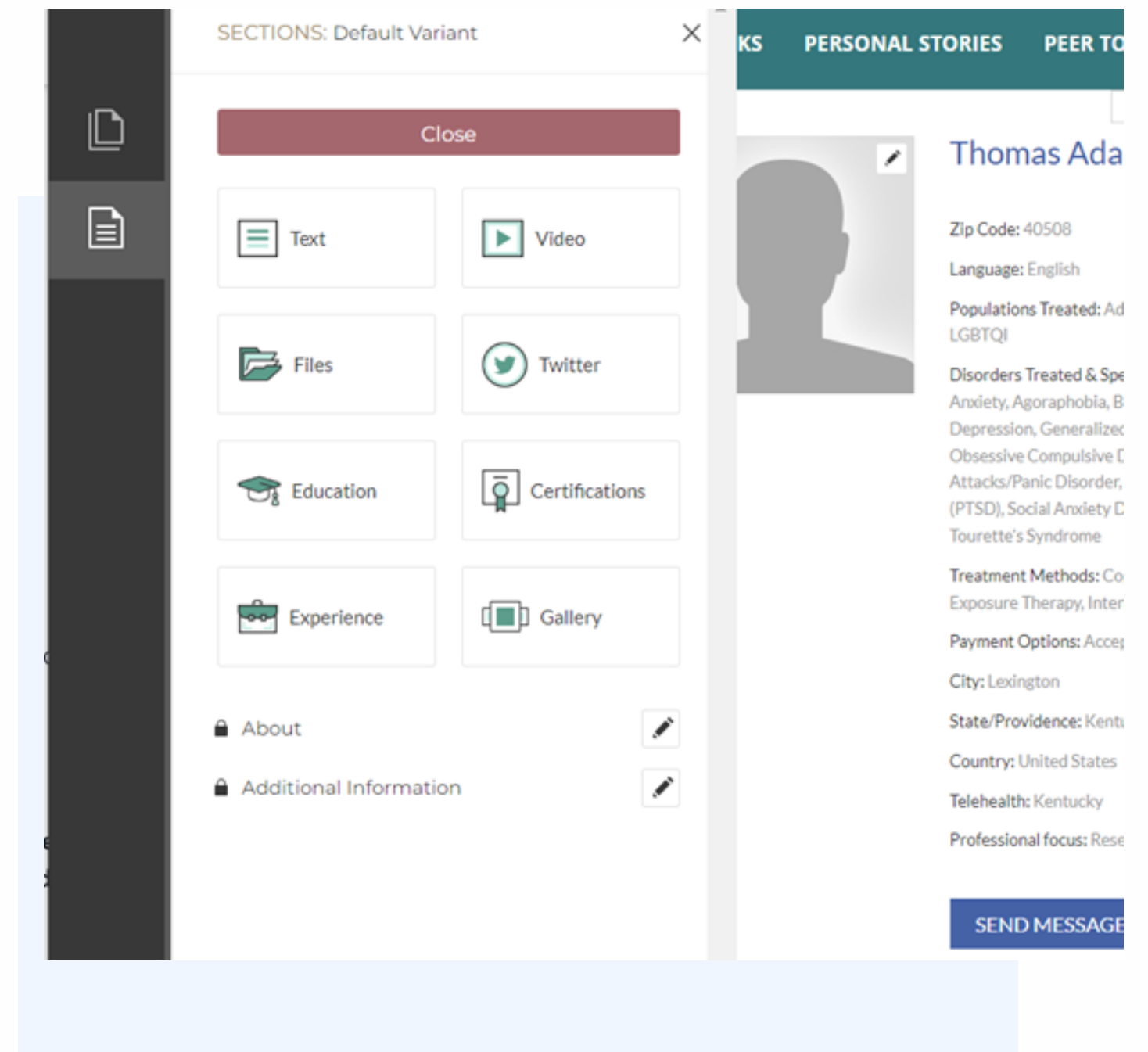


On the left panel, click on the **Section icon**, to open the section editing panel. Here you will see a list of all your profile sections. The ones marked with a lock icon are default sections.

Click on the **“Add Section”** button to see the different section types you can add to your profile. You can choose between text, video, files, image gallery, social media, and more. Click on the button to add that section type to your profile. A lightbox will appear, and you can add content.

Here you can customize your profile to include:

- Blogs Posts
- Webinars
- Podcasts
- Articles
- Photo Galleries
- And more!





Additional Sections

The image shows a 'New Video Section' form and its preview. The form has two input fields: 'Section title' with the text 'New Video Section' and 'Section video' with the placeholder 'YouTube or Vimeo Video URL'. Below the form are 'Cancel' and 'Save' buttons. The preview shows a video player with the ADAA logo and text: 'ADAA - More than Just a Conference', 'Anxiety & Depression Association of America', and 'Triumphing Through Science, Treatment, and Education'. Below the video player are three text input fields labeled 'Treatment Approach', 'Populations Treated', and 'Disorders and Specialities'.

ADDING VIDEO CONTENT

Upload any video to your profile by linking a YouTube or Vimeo video URL.

This is a great way to add video content introducing yourself, market your practice, or highlight webinar content!

Profile Variants (optional)

The screenshot shows a user interface for managing profile variants. At the top left, there is a panel titled "PROFILE VARIANTS" with a close button (X) and a scroll bar. Below this panel is a large brown button labeled "Add Profile Variant".

Below the button is a form titled "Default Variant" with a back arrow and the text "BACK TO PROFILE VARIANTS". The form contains the following fields:

- "Variant creation method" with a dropdown menu currently set to "Create from scratch".
- "Variant title" with an empty text input field.
- "Variant path" with a text input field containing the value "/people/sasha-sicard1".
- A large brown "Save" button at the bottom of the form.

On the top left panel, click on the Profile Variants icon to see a list of **profile variants**. This is optional. Some members may like to have variations of their profiles to display their profile in different languages or to highlight an alternative clinical practice address.

To create a profile variant, click on the "Add Profile Variant" button. Here you'll have the option to create a profile variant from scratch or clone from an existing one.