



**Department of Psychiatry**  
**Center for the Treatment and Study of Anxiety**  
**Edna B. Foa, Ph.D.**  
*Professor and Director*

Dear Sir/ Madam,

Thank you for your interest in the Open Clinic at the Center for the Treatment and Study of Anxiety (CTSA). The CTSA is an internationally recognized clinic that offers state-of-the-art psychotherapies for anxiety disorders. Currently, we offer treatment programs that have been specifically designed to deal with Obsessive-Compulsive Disorder (OCD), Posttraumatic Stress Disorder (PTSD), Trichotillomania (hair-pulling), Social Anxiety Disorder, Panic Disorder, Agoraphobia, Generalized Anxiety Disorder, and Specific Phobias.

Our faculty members have extensive experience in cognitive-behavioral therapy (CBT), a highly specialized form of psychotherapy that research has shown to be very effective in the treatment of anxiety disorders. In general, therapy at CTSA consists of approximately 10-20 sessions, delivered once or twice per week. However, each patient's treatment is individually tailored based on the information gathered during his or her assessment.

If you have any questions about our assessment or treatment, please contact us at (215) 746-3327, and one of our clinic coordinators will be pleased to speak with you.

I very much want to see that you have a positive experience in our program.

Sincerely,

A handwritten signature in black ink that reads "Edna B. Foa".

Edna B. Foa, Ph.D.  
Professor of Clinical Psychology in Psychiatry  
Director, Center for the Treatment and Study of Anxiety



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### Welcome to CTSA

*Thank you for choosing to receive services at the Center for the Treatment and Study of Anxiety (CTSA). It is important to us that you feel comfortable and welcome during your time with us. This handout is provided to help you get oriented to our building and to some of our basic procedures.*

#### **Parking**

The closest parking is available in the garage right before 38<sup>th</sup> and Market. Other lots are located in the surrounding neighborhood. Fees vary by location and time of day. Metered parking is available on the street.

#### **Building Security**

For your protection and the protection of those who work here, the security personnel in the front lobby will ask you to sign in when you arrive and out when you leave the building.

#### **Clinic Procedures**

Our office hours are by appointment. Please check in with the receptionist when you arrive. She will notify your therapist that you are here. Have a seat in the waiting area and your therapist will come to call you for your session. If you have any questions please ask the receptionist for help at any time.

Keep in mind that sessions are going on in the offices near the waiting area and that noise can interfere with sessions. Your help in keeping noise to a minimum is appreciated.

#### **Telephone**

Our telephone number is 215-746-3327. During office hours our receptionist answers the phone. After working hours, on weekends, and on holidays, an automated voice messaging system will answer the phone. You may leave a message on the voice mail that will be picked up and forwarded to the correct individual the next working day.

If your emergency is life threatening, please call 911 or go to the nearest emergency room.

#### **Restrooms**

Restrooms for our patients and visitors are located in the main hallway. The receptionist will provide you with a key and point you in the right direction.

Near each restroom is a large handicapped accessible restroom for which no key is needed.

#### **Confidentiality**

Confidentiality is important at CTSA. Accordingly, we will not communicate with anyone about you without your written permission. If you want us to communicate with your health care provider, spouse, or other designated person, please let us know and we will provide you with a form for giving consent.

#### **Fees**

Fees are due in full at the time of each session. The receptionist will accept your payment.

#### **Insurance Reimbursement**

CTSA does not submit statements directly to insurance companies. Since each company is different, please check with your insurance company to determine if they will reimburse you. If your health plan includes mental health benefits we will provide you with the information needed to submit for reimbursement.

#### **Cancellations and Missed Appointments**

If for some reason you are unable to keep an appointment, please notify your therapist as soon as possible. Our policy is to charge the session fee for missed appointments and for appointments not canceled at least 24 hours in advance. Insurance companies will not typically reimburse for charges due to missed appointments.



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**DIRECTIONS TO:**  
**The Center for the Treatment and Study of Anxiety**  
**3535 Market Street, 6<sup>th</sup> Floor**  
**Philadelphia, PA 19104**  
**215-746-3327**

**FROM NORTHERN SUBURBS:**

- Take I-95 South to I-676 West (Central Philadelphia).
- Continue on I-676 West to the junction with I-76.
- Take the exit for I-76 East (toward Philadelphia Airport) and keep right.
- Exit immediately at Exit 345 (old Exit 39) for 30<sup>th</sup> Street Station.
- At the top of the ramp, turn right, then follow traffic to the left around train station.
- Turn right at the second traffic light onto Market Street.
- Continue on Market Street to 36<sup>th</sup> Street.
- The Center is at the corner of 36<sup>th</sup> and Market on the right.

**FROM WEST:**

- Take I-76 East toward Central Philadelphia.
- Take Exit 345 (old Exit 39) for 30<sup>th</sup> Street Station.
- At the top of the ramp, turn right, then follow traffic to the left around train station.
- Turn right at the second traffic light onto Market Street.
- Continue on Market Street to 36<sup>th</sup> Street.
- The Center is at the corner of 36<sup>th</sup> Street and Market Street on the right.

**FROM SOUTHERN NEW JERSEY:**

**VIA BENJAMIN FRANKLIN BRIDGE:**

- Take Ben Franklin Bridge into Philadelphia, continue on I-676 West to junction with I-76.
- Take the exit for I-76 East (toward Philadelphia Airport) and keep right.
- Exit immediately at Exit 345 (old Exit 39) for 30<sup>th</sup> Street Station.
- At the top of the ramp, turn right, then follow traffic to the left around train station.
- Turn right at the second traffic light onto Market Street.
- Continue on Market Street to 36<sup>th</sup> Street.
- The Center is at the corner of 36<sup>th</sup> Street and Market Street on the right.

**VIA WALT WHITMAN BRIDGE:**

- Take Walt Whitman Bridge into Philadelphia, continue on I-76 West to Exit 346A-South Street (old Exit 40).  
**\*This exit is from the left lane\***
- Turn left at the top of the ramp onto South Street.
- Continue past Franklin Field (football stadium) to the second traffic light.
- Turn right onto 33<sup>rd</sup> Street.
- Continue on 33<sup>rd</sup> Street to the third traffic light and turn left onto Market Street.
- The Center is at the corner of 36<sup>th</sup> and Market on the right.

#### **FROM NORTHERN NEW JERSEY AND NEW YORK:**

- Take I-295 South to Exit 27 (I-76, Walt Whitman Bridge, Philadelphia).
- Take Walt Whitman Bridge into Philadelphia, continue on I-76 West to Exit 346A-South Street (old Exit 40).  
**\*This exit is from the left lane\***
- Turn left at the top of the ramp onto South Street.
- Continue past Franklin Field (football stadium) to the second traffic light.
- Turn right onto 33<sup>rd</sup> Street.
- Continue on 33<sup>rd</sup> Street to the third traffic light and turn left onto Market Street.
- The Center is at the corner of 36<sup>th</sup> and Market on the right.

#### **FROM PHILADELPHIA INT'L. AIRPORT, DELAWARE COUNTY, AND DELAWARE:**

- Take I-95 to I-676 West (Central Philadelphia). **\*This exit is from the left lane\***
- Continue on I-676 West to the junction with I-76.
- Take exit for I-76 East (toward Philadelphia Airport) and keep right.
- Exit immediately at Exit 345 (old Exit 39) for 30<sup>th</sup> Street Station.
- At the top of the ramp, turn right, then follow traffic to the left around train station.
- Turn right at the second traffic light onto Market Street.
- Continue on Market Street to 36<sup>th</sup> Street.
- The Center is at the corner of 36<sup>th</sup> and Market on the right.

#### **FROM 30th STREET STATION (via AMTRAK or SEPTA Regional Rail Lines):**

- From 30<sup>th</sup> Street Station you can take a taxi or walk six blocks West on Market to 36<sup>th</sup> and Market Streets. The Center is located on the ride side of Market Street at the corner of 36<sup>th</sup> Street.
- Alternate: Take the westbound Route 10 subway-surface trolley from the 30<sup>th</sup> Street Subway Station. Get off at the first stop after the trolley surfaces onto the street, 36<sup>th</sup> at Market. The center is located on the right side of Market Street, far side of Market Street.

#### **VIA SUBWAY/TROLLEY:**

- Take the Market-Frankford subway line to 34<sup>th</sup> Street Station. Exit the tunnel and walk two blocks west to 36<sup>th</sup> Street. The Center is on the right side of Market Street at the corner of 36<sup>th</sup> Street.
- Alternate: Take Market-Frankford subway line to 30<sup>th</sup> Street station. Change for the westbound Route 10 trolley. Get off at the first stop after the trolley surfaces onto the street, 36<sup>th</sup> at Market. The Center is located on the right side of 36<sup>th</sup> Street on the far side of Market.

#### **VIA BUS:**

- The Center is located at the northeast corner of 36<sup>th</sup> and Market Streets.  
This area is served by the following bus routes:
  - Route 21 at 36<sup>th</sup> Street and Walnut Street (westbound) or Chestnut Street (eastbound)
  - Routes 30 and 31 at 34<sup>th</sup> Street and Market Street
  - Route 40 at 36<sup>th</sup> Street and Spruce Street

#### **PARKING:**

Lots and garages available in the nearby area include:

- 36<sup>th</sup> Street and Chestnut Street
- 34<sup>th</sup> Street and Chestnut Street
- 38<sup>th</sup> Street and Walnut Street