

Jonathan Abramowitz, Ph.D.

Professor of Psychology and Director of the UNC Anxiety and Stress Clinic, Department of Psychology, College of Arts and Sciences at UNC-Chapel Hill

Raleigh-Durham, NC, US

Professor Abramowitz is an internationally recognized expert on OCD and anxiety disorders.

Jonathan (Jon) Abramowitz is a clinical psychologist and professor in the department of psychology and neuroscience in UNC's College of Arts and Sciences. He is head of the UNC Anxiety Lab and director of the UNC Anxiety and Stress Disorders Clinic. He specializes in the treatment of obsessive-compulsive disorder (OCD) and other anxiety disorders, and is recognized internationally as a leading authority on these topics.

He teaches graduate and undergraduate courses at UNC and also trains clinical psychology graduate students in how to implement state-of-the-art assessment and treatment techniques for anxiety/OCD. He has published more than 200 research articles, book chapters and encyclopedia entries, along with 12 books on anxiety, OCD and related topics. He is editor-in-chief of the Journal of Obsessive-Compulsive and Related Disorders, and author of the book "Obsessive-Compulsive Disorder in Adults" (co-written with Ryan J. Jacoby as part of the series on Evidence-Based Psychotherapy).

He has received awards for his contributions to the fields of anxiety and OCD from the National Institute of Mental Health, American Psychological Association, International OCD Foundation, Mayo Clinic and Muhlenberg College.

He helped develop an iPhone app called Anxiety Coach with the Mayo Clinic.

Mental Health Care

Obsessive Compulsive Disorder (OCD), Anxiety Disorders

Journal of Obsessive-Compulsive and Related Disorders : Editor in Chief, Behavior Research and Therapy (Journal) : Associate Editor, Association for Behavioral and Cognitive Therapies (ABCT) : President, Anxiety Disorders Association of America (ADAA) : Member, International Obsessive-Compulsive Disorder Foundation (IOCDF) : Member, American Psychiatric Association : Member, North Carolina Psychological Association (NCPA) : Member

Emotion reactivity and obsessive-compulsive symptoms and cognitions

48th Annual Convention of the Association for Behavioral and Cognitive Therapies

Measurement of OCD: Comparing self-report measures to the gold standard

48th Annual Convention of the Association for Behavioral and Cognitive Therapies

Predictors of obsessive-compulsive symptom dimensions: Cognitive fusion and obsessive beliefs

48th Annual Convention of the Association for Behavioral and Cognitive Therapies

University of Memphis

Ph.D. Clinical Psychology

Bucknell University
M.A. Psychology

Muhlenberg College
B.A. (Hons.) Psychology

Elected as President of the Association for Behavioral and Cognitive Therapies (ABCT)
2013

University of North Carolina—Chapel Hill Psychology Club Award for Outstanding Contribution to Mentoring Students in their Research
2012

Muhlenberg College Alumni Achievement Award in Social Science
2011

Elected to the Board of Directors of the Anxiety Disorders Association of America
2010

Appointed as Associate Editor of Journal of Cognitive Psychotherapy
2007

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