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Memorial Sloan Kettering
Cancer Center

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Psycho-oncology

Psychological Counseling for Patients with Cancer and their Caregivers

Cognitive-Behavioral Therapy

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[Dr. Applebaum's Office Information](#) 



Languages: English

Request an Appointment

Our Care Advisors can answer many of your questions. They will connect you with the best healthcare provider for your needs.

Call 646-888-0200

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About Me

What I Do at MSK

- Founding Director, Caregivers Clinic, Memorial Sloan Kettering Cancer Center

Get To Know Me

I am a licensed clinical psychologist who specializes in helping patients with cancer and their caregivers. In my clinical work, I use a variety of psychotherapeutic approaches, with an emphasis on cognitive-behavioral and existential therapies. I have expertise in using cognitive-behavioral therapy to mitigate anxiety and depression and to improve overall quality of life in patients with cancer and their caregivers.

[Read more](#)

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My Role at MSK

A psychologist has special training in therapy to help people with mental and behavioral health issues.

Areas of Expertise

My Specialties

Psycho-oncology

Psychological Counseling for Patients with Cancer and their Caregivers

Cognitive-Behavioral Therapy

Existential Therapeutic Approaches

Education & Honors

Education

PhD, Boston University

Residencies

NewYork-Presbyterian Hospital/Weill Cornell Medical Center

Fellowships

Board Certifications

Clinical Psychology

Insurance Information

Understanding your insurance options is an important part of managing your cancer care. We have relationships with many common healthcare providers and plans.

Don't see your carrier or plan? [We can help you understand your coverage.](#)

If you don't have health insurance or are worried that your care may not be fully covered, our [financial assistance](#) programs may be able to help.

If you have questions about insurance, call us at [646-497-9176](tel:646-497-9176).

Make an Appointment



New Patients

Scheduling an appointment is easy. Click or call [646-888-0200](tel:646-888-0200)— we're available Monday through Friday, 8 a.m. to 6 p.m. (Eastern time)

[Make an Appointment](#)

Current Patients

Request an appointment by logging on to MyMSK or calling your doctor's office. If you aren't registered for MyMSK, call [646-227-2593](tel:646-227-2593) for your Enrollment ID.

Contact and Location

Dr. Applebaum sees patients at one location.

Office Phone

 [646-888-0034](tel:646-888-0034)

Location

 New York, NY

[Rockefeller Outpatient Pavilion](#)

 160 East 53rd Street
New York, NY 10022

[Get Directions](#)

Looking to see a doctor at a different location? [See all MSK locations.](#)

Colleagues

Doctors at Memorial Sloan Kettering work as teams, with specialists from all different areas. This allows us to consider all your needs together, and to give you the best possible care.

[See all Psychiatry Service doctors.](#) →

Clinical Trials

Clinical Trials Investigated by Dr. Applebaum

[A Study Assessing a Mobile App to Help People with Traumatic Stress After a Stem Cell Transplant](#)



Find a Clinical Trial for You

Memorial Sloan Kettering's doctors and scientists are constantly developing new treatments for cancer. MSK is typically running hundreds of clinical trials at a given time.

You may be able to participate in a clinical trial even if you are new to MSK. Search our online directory to find trial information and see more about who can participate.

[Search clinical trials](#) →

Research and Publications

Cancer Caregivers (2019). A. Applebaum (Ed), New York, NY: Oxford University Press.

Applebaum, A.J., Kent, E.E., & Lichtenthal, W.G. (2021). Documentation of Caregivers as a Standard of Care. *Journal of Clinical Oncology*. May 4;JCO2100402. doi: 10.1200/JCO.21.00402. *Online ahead of print*. [Documentation of Caregivers as a Standard of Care | Journal of Clinical Oncology \(ascopubs.org\)](#)

[Applebaum, A.J., & Breitbart, W. \(2013\). Care for the Cancer Caregiver: A systematic review. *Palliative and Supportive Care*, 11\(3\), 231 – 252.](#)

[Applebaum, A.J., Kolva, E.A., Radomski, J.R., Jacobs, J.D., DeRosa, A., Lichtenthal, W.G., Olden, M.E., Rosenfeld, B., & Breitbart, W. \(2014\). Conceptualizing prognostic awareness in advanced cancer: A systematic review. *Journal of Health Psychology*, 19\(9\), 1103-1119.](#)

[Applebaum, A.J., Kryza-Lacomb, M., Buthorn, J., DeRosa, A., Corner, G., & Diamond, E.L. \(2016\) Existential distress among caregivers of patients with brain tumors: A review of the literature. *Neuro-Oncology Practice*, 3, 232-244.](#)

[Applebaum, A.J., Bevans, M., Son, T., Evans, K., Hernandez, M., Giralt, S., & DuHamel, K. \(2016\). A Scoping Review of Caregiver Burden during Allogeneic HSCT: Lessons Learned and Future Directions. *Bone Marrow Transplantation*, 51, 1416 – 1422.](#)

[Applebaum, A.J., Buda, K.L., Schofield, E., Farberov, M., Teitelbaum, N.D., Evans, K., Cowens-Alvarado, R., & Cannady, R.S. \(2018\). Exploring the Cancer Caregiver's Journey through Web-Based Meaning-Centered Psychotherapy. *Psycho-Oncology*, 27\(3\), 847-856.](#)

[Applebaum, A.J., Buda, K., Kryza-Lacombe, M., Buthorn, J.J., Walker, R., Shaffer, K.M., D'Agostino, T.A. & Diamond, E.L. \(2018\). Prognostic Awareness and Communication Preferences among Caregivers of Patients with Malignant Glioma. *Psycho-Oncology*.](#)

[27\(3\), 817-823.](#)

[Applebaum, A.J., Panjwani, A.A., Buda, K, O'Toole, M.S., Hoyt, M.A., Garcia, A., Fresco, D.M & Mennin, D.S. \(2020\). Emotion Regulation Therapy for Cancer Caregivers – An Open Trial of a Mechanism-Targeted Approach to Addressing Caregiver Distress. *Translational Behavioral Medicine*, 10\(2\), 413-422.](#)

Publications on PubMed

Visit PubMed for a full listing of Dr. Applebaum's journal articles. Pubmed is an online index of research papers and other articles from the US National Library of Medicine and the National Institutes of Health.

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Disclosures

Doctors and faculty members often work with pharmaceutical, device, biotechnology, and life sciences companies, and other organizations outside of MSK, to find safe and effective cancer treatments, to improve patient care, and to educate the health care community.

MSK requires doctors and faculty members to report ("disclose") the relationships and financial interests they have with external entities. As a commitment to transparency with our community, we make that information available to the public.

Allison J. Applebaum discloses the following relationships and financial interests:

BeiGene, Ltd.

Professional Services and Activities

Blue Note Therapeutics, Inc.

Intellectual Property Rights; Professional Services and Activities

Bristol-Myers Squibb

Professional Services and Activities

CareSpace Health Inc.

Professional Services and Activities

If you're a patient at MSK and would like more information about your doctor's external relationships, please talk with your doctor.

The information published here is for a specific annual disclosure period. There may be differences between information on this and other public sites as a result of different reporting periods and/or the various ways relationships and financial interests are categorized by organizations that publish such data.

This page and data include information for a specific MSK annual disclosure period (January 1, 2022 through disclosure submission in spring 2023). This data reflects interests that may or may not still exist. This data is updated annually.

Learn more about MSK's COI policies [here](#). For questions regarding MSK's COI-related policies and procedures, email MSK's Compliance Office at ecoi@mskcc.org.

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