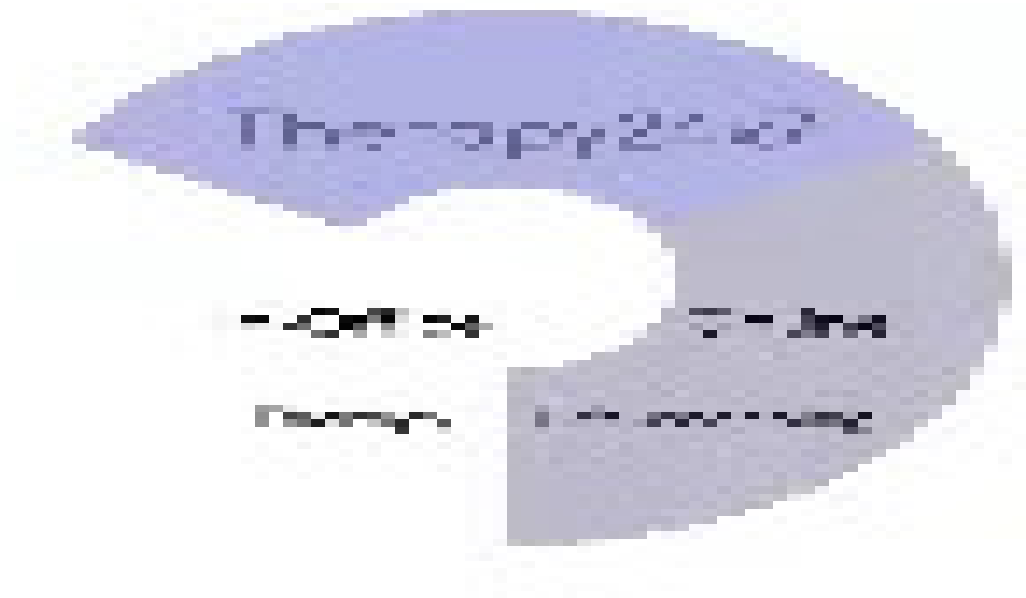




Therapy24x7 Formally Establishes Dedicated High-Functioning Anxiety Program

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After years of focused clinical work with New York's working professionals, the New York psychotherapy practice Therapy24x7 has formalized a long-standing specialization into a defined program built on weekly psychodynamic psychotherapy, therapist continuity, and telehealth across New York State

Therapy24x7, a New York psychodynamic group practice, today announced the formal establishment of its dedicated High-Functioning Anxiety Program. The program does not mark the beginning of this work. It names and structures an area of specialization the practice has developed over years of focused clinical work with executives, founders and senior professionals across New York City.

Therapy24x7 has long worked with high-achieving professionals whose anxiety hides behind visible success. What is new is the decision to define that work as a named program with a consistent clinical structure, a clear point of entry and a documented approach. The formalization gives clients and referrers a clearer way to understand how the practice organizes this work.

At the center of the High-Functioning Anxiety Program is a standing weekly therapy hour. Therapy24x7

reports that the continuity of weekly work gives recurring patterns time to surface, be examined and gradually change.

Each client works with the same therapist throughout care rather than rotating between providers. The practice considers that continuity clinically important because the therapeutic relationship itself becomes part of how longstanding patterns are understood.

The program's clinical foundation is psychodynamic therapy. Rather than treating anxiety only as a set of symptoms to manage, the approach examines underlying patterns, early relationships and internal expectations that can keep anxiety active beneath a successful life. Therapy24x7 reports that many high-functioning professionals arrive already skilled at managing surface symptoms but want to understand what those strategies have not reached.

The program's psychodynamic foundation is supported by a growing research base. A 2026 BMC Psychology meta-analysis of 11 randomized controlled trials involving 1,167 participants found short-term psychodynamic psychotherapy improved social-anxiety symptoms compared with waitlist controls and performed similarly to active treatments at treatment end. Social anxiety disorder is distinct from the broader presentations Therapy24x7 describes as high-functioning anxiety, and the study does not establish a treatment protocol for that non-diagnostic term.

"Formalizing this program is really about naming what we have been doing for years," said Efrat Gotlib, LCSW, founder and clinical director of Therapy24x7. "The professionals we work with do not need to be told how to push through. They have mastered that. What they need is a place to understand why the pushing never stops, and that is the work this program is built to do."

Care begins with a matching consultation designed to understand what the client is bringing and identify the clinician on the Therapy24x7 team best suited to the work. The practice treats fit as a clinical consideration rather than an administrative afterthought.

The program is defined by four shared features: clinical screening for appropriateness, a structured matching consultation, weekly psychotherapy within a shared psychodynamic framework, and ongoing clinical supervision. These elements give the work a consistent structure while allowing treatment to remain individualized.

Care is provided by licensed clinicians working within Therapy24x7's clinical standards. The program formalizes how the practice organizes this work; it is not a separate credential or outside certification.

In-person care is available at Therapy24x7's New York City office at 141 East 35th Street, near Grand

Central Terminal. The location provides a convenient option for clients who live or work in the city.

The program is also available by telehealth across New York State. Therapy24x7 reports that virtual care can help maintain weekly continuity for professionals whose travel, schedules or geography would otherwise interrupt treatment.

Gotlib frames the formalization as a matter of clarity rather than expansion. "We are not announcing that we suddenly do this work," she said. "We are saying clearly, on the record, that this is what we specialize in, this is how we structure it, and this is who delivers it. The formal structure gives clients and referrers a clearer understanding of the kind of care the practice provides."

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Therapy24x7

Therapy24x7 is a New York City group psychotherapy practice offering weekly, insight-oriented therapy for adults in person across NYC and online statewide, and is in-network with Cigna and Aetna.

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