

Paul Foxman, Ph.D.

Dr. Paul Foxman is Founder and Director of the Vermont Center for Anxiety Care, a private outpatient practice and therapist-training center in Burlington, Vermont. He has over 40 years of professional experience in a variety of settings, including schools, community mental health centers, graduate psychology programs and private practice.

Dr. Foxman is the author of *Dancing With Fear* (2007), *The Worried Child* (2004), and *The Clinician's Guide to Anxiety in Kids and Teens* (2017). Additional publications on the topic of anxiety include a co-authored casebook, *Conquering Panic and Anxiety Disorders* (2003). Dr. Foxman travels internationally to speak on the topic of anxiety and stress, and he has appeared as an expert on radio and television. Dr. Foxman is known for his knowledge and clarity of thought, sense of humor, and engaging speaking style.

Dr. Foxman's training includes Yale University (B.A. in Psychology), Peabody College of Vanderbilt University (Ph.D. in Clinical Psychology), pre-doctoral internships at the Department of Psychiatry at Mt. Zion Hospital in San Francisco and the Kennedy Child Study Center in Nashville, and training seminars at the San Francisco Psychoanalytic Institute.

Dr. Foxman co-founded the Lake Champlain Waldorf School in Shelburne, Vermont, now flourishing from kindergarten through high school.

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