



Alicia Meuret

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Zip Code: 75275

Zip Postal: 75275-0442

Language: German, English

Populations Treated: Adolescents/Teens, Adults

Organization: Southern Methodist University

Treatment Options: Inpatient

Disorders Treated & Specialty: Trauma, Specific Phobias, Posttraumatic Stress Disorder (PTSD), Panic Attacks/Panic Disorder, Obsessive Compulsive Disorder (OCD), Hoarding, Depression, Anxiety, Agoraphobia

Treatment Methods: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Exposure Therapy, Intensive Exposure Therapy Protocols, Mindfulness

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Professional focus: Psychologist, Researcher

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ABOUT

Alicia E. Meuret, Ph.D. is the Director of the Anxiety and Depression Research Center (ARC) at SMU. She is an Associate Professor in the Clinical Psychology Division at the Department of Psychology at SMU. Dr. Meuret received her Ph.D. in Clinical Psychology from the University of Hamburg based on her doctoral work conducted at the Department of Psychiatry and Behavioral at Stanford University. She completed postdoctoral fellowships at the Center for Anxiety and Related Disorders at Boston University and the Affective Neuroscience Laboratory in the Department of Psychology at Harvard University. Her research program focuses on novel treatment approaches for anxiety and mood disorders, biomarkers in anxiety disorders and chronic disease (asthma), fear extinction mechanisms of exposure therapy, and mediators and moderators in individuals with affective dysregulations, including non-suicidal self-injury. Dr. Meuret is the founder of Capnometry-Assisted Respiratory Training (CART). She serves on several editorial boards and is a past Associate Editor for the journal Behavior Therapy and guest editor for the International Journal of Psychophysiology. Dr. Meuret is a member of the Scientific Advisory Board of the Anxiety and Depression Association of America, was a president of the Anxiety Disorders Special Interest Group at Association for Behavioral and Cognitive Therapies, and served as a technical expert for Agency for Healthcare Research and Quality Effective Health Care Program. Dr. Meuret has authored over 65 peer-reviewed articles and book chapter. For her work she has received generous funding by the National Institutes of Health and other agencies and awards, including the Anxiety and Depression Association of America, the Psychiatric Research Society, and the American Psychosomatic Society. Dr. Meuret is a board-certified clinical psychologist who maintains a small private practice.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

Mindfulness

POPULATIONS TREATED

Adolescents/Teens
Adults

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Depression
Hoarding
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Posttraumatic Stress Disorder (PTSD)
Specific Phobias
Trauma

PAYMENT OPTIONS



ABOUT ANXIETY & DEPRESSION ASSOCIATION

The Anxiety and Depression Association of America (ADAA) developed this **Find Your Therapist Directory** for you to connect with licensed mental health professionals.

Know that you are not alone, and help is available.

ADAA is a nonprofit organization dedicated to the prevention, treatment, and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through the alignment of science, treatment, and education.

For the ADAA mental health professionals, this directory also helps you connect with millions of potential patients.

To join the directory, contact membership@adaa.org.

If you are in crisis call or text 988 for the Suicide & Crisis Lifeline.

HELPFUL LINKS

ADAA Website

<https://adaa.org/>

Mental Health Webinars

<https://adaa.org/resources-news/from-adaa-experts/webinars>

Mental Health Personal Stories

<https://adaa.org/educational-resources/from-our-community/stories-of-triumph>

ADAA Newsletter Sign Up

https://adaa.informz.net/adaa/pages/Triumph_Subscribe_page

Get Involved with ADAA

