



## Arlene Gerson

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Zip Code: 21042

Zip Postal: 21042

Language: English

**Populations Treated:** Children, Adolescents/Teens, Families

**Organization:** Gerson Behavioral Health

**Treatment Options:** Phone Consultations, Telehealth, In Office, Home Visits

**Disorders Treated & Specialty:** Grief, Social Anxiety Disorder, Separation Anxiety, School Refusal, Selective Mutism Disorder, Phobias, Panic Attacks/Panic Disorder, Obsessive Compulsive Disorder (OCD), Intrusive Thoughts, Health Anxiety, Generalized Anxiety Disorder (GAD), Family Conflict, Emetophobia, Depression, Chronic Illness, Behavioral Issues, Autism Spectrum Disorder, Attention-Deficit/Hyperactivity Disorder, Anxiety

**Treatment Methods:** Telemental Health, Mindfulness, Exposure Therapy, Dialectical Behavioral Therapy (DBT), Cognitive Behavioral Therapy (CBT)

**Payment Options:** Accepts Cash and/or Checks, Accepts Credit Cards, Accepts Some Insurance

**Address1:** 3355 St. Johns Lane

**Address2:** Suite F

**Website:** <https://www.arlenegersonphd.com>

**City:** Ellicott City

**State/Providence:** Maryland

**Country:** United States

**Degree:** PhD

**Preferred Pronouns:** she/her/hers

**Email:** arlene.gerson@gmail.com

**Office Phone:** 443-827-3175

**Telehealth:** Wyoming, Colorado, Kentucky, Kansas, Indiana, Illinois, Idaho, Georgia, Florida, District of Columbia, Delaware, Connecticut, Maine, Arkansas, Arizona, Alabama, Ohio, Wisconsin, West Virginia, Washington, Virginia, Utah, Texas, Tennessee, Rhode Island, Pennsylvania, Oklahoma, North Carolina, New Jersey, New Hampshire, Nevada, Nebraska, Missouri, Minnesota, Michigan, Maryland

**Cell Phone:** 443-827-3175

**Professional focus:** Psychologist

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## ABOUT

Dr. Gerson is a Clinical Psychologist and is licensed in Maryland. She also has authorization to provide Telehealth services to patients in PSYPACT states/jurisdictions. She has over 25 years of experience treating children, adolescents and young adults. She specializes in treating anxiety and ADHD. She is considered an expert in providing Cognitive Behavior Therapy (CBT) for anxiety.

## TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

Mindfulness

Telemental Health

## POPULATIONS TREATED

Adolescents/Teens  
Children  
Families

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#### DISORDERS AND SPECIALITIES

Anxiety  
Attention-Deficit/Hyperactivity Disorder  
Autism Spectrum Disorder  
Behavioral Issues  
Chronic Illness  
Depression  
Emetophobia  
Family Conflict  
Generalized Anxiety Disorder (GAD)  
Grief  
Health Anxiety  
Intrusive Thoughts  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Phobias  
School Refusal  
Selective Mutism Disorder  
Separation Anxiety  
Social Anxiety Disorder

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#### PAYMENT OPTIONS

Accepts Cash and/or Checks  
Accepts Credit Cards  
Accepts Some Insurance



#### 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.

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*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](mailto:membership@adaa.org).*

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

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#### 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](https://adaa.informz.net/adaa/pages/Triumph_Subscribe_page)

##### **Get Involved with ADAA**

