



Beatrice Ochieng

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Zip Code: 21702

Zip Postal: 21702-4443

Language: English, Swahili

Populations Treated: Adults

Organization: Beatrice Ochieng, LCPC, CCATP

Treatment Options: In Office, Telehealth, Phone Consultations

Disorders Treated & Specialty: Anxiety, Depression, Generalized Anxiety Disorder (GAD), Grief, Health Anxiety, Intrusive Thoughts, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Social Anxiety Disorder

Treatment Methods: Cognitive Behavioral Therapy (CBT), Exposure Therapy, Mindfulness, Telemental Health, Other

Payment Options: Accepts Some Insurance, Accepts Credit Cards

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City: Frederick

State/Providence: Maryland

Country: United States

Degree: BS

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Office Phone: 4107560383

Telehealth: Maryland

Cell Phone: 4435470091

Professional focus: Counselor

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ABOUT

I see primarily adults in my practice. My practice is handicap accessible.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Mindfulness

Telemental Health

Other

POPULATIONS TREATED

Adults

DISORDERS AND SPECIALITIES

Anxiety

Depression
Generalized Anxiety Disorder (GAD)
Grief
Health Anxiety
Intrusive Thoughts
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Social Anxiety Disorder

PAYMENT OPTIONS

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.

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

<https://adaa.org/get-involved>

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