



Beth Giurelli

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Zip Code: 06033

Zip Postal: 06033

Language: English

Populations Treated: Adults

Organization: Dr. Beth Giurelli PsyD LLC

Treatment Options: In Office, Telehealth, Phone Consultations

Disorders Treated & Specialty: Specific Phobias, Trichotillomania, Social Anxiety Disorder, Agoraphobia, Anxiety, Generalized Anxiety Disorder (GAD), Hoarding, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD)

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

Payment Options: Accepts Some Insurance

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Website: <http://www.drbethgiurelli.com>

City: Glastonbury

State/Providence: Connecticut

Country: United States

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Degree: PSYD

Email: drgiurelli@cox.net

Office Phone: (860) 918-0960

Telehealth: Connecticut, Massachusetts

Professional focus: Psychologist

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ABOUT

Licensed Clinical Psychologist, specializing in treatment of the full range of anxiety problems for adults. Treatment includes cognitive, behavioral, narrative and relaxation therapies, as well as a focus on strengths in overcoming problems. Treatment is respectful, collaborative and customized.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Mindfulness

POPULATIONS TREATED

Adults

DISORDERS AND SPECIALITIES

Agoraphobia

Anxiety
Generalized Anxiety Disorder (GAD)
Hoarding
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Posttraumatic Stress Disorder (PTSD)
Social Anxiety Disorder
Specific Phobias
Trichotillomania

PAYMENT OPTIONS

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

