



## Elizabeth Vincent

**Notice (8):** Undefined index: job\_title [APP/View/OrganizationPdfStyles/default.ctp, line 52]

**Notice (8):** Undefined index: location [APP/View/OrganizationPdfStyles/default.ctp, line 63]

Zip Code: 21210

Zip Postal: 21210-2416

Populations Treated: Seniors, Adults

Organization: Beth K. Vincent Counseling and Consulting

Disorders Treated & Specialty: Other, Social Anxiety Disorder, Obsessive Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), Depression, Bipolar Disorder, Attention-Deficit/Hyperactivity Disorder, Anxiety

Treatment Methods: Medication Referral, Other, Mindfulness, Exposure Therapy, Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT)

Payment Options: Accepts Credit Cards, Accepts Some Insurance

Address1: 314 Wyndhurst Ave

Website: <http://Bethkvincent.com>

City: Baltimore

State/Providence: Maryland

Country: United States

Preferred Pronouns: she/her/hers

Email: [Beth@bethkvincent.com](mailto:Beth@bethkvincent.com)

Office Phone: 443-610-9889

Cell Phone: 4436109889

**Notice (8):** Undefined index: tags [APP/View/Elements/custom\_fields.ctp, line 35]

**Notice (8):** Undefined index: last\_updated [APP/View/Elements/custom\_fields.ctp, line 51]

### ABOUT

I am a licensed clinical professional counselor and consultant who provides general psychotherapy services to adults, adolescents and couples. My specialty areas include in anxiety, life transition/adjustment and relationship issues. I help clients understand the challenges they face and make changes that improve their quality of life. In my experience, this process helps individuals feel better, develop greater self esteem, improve communication skills and gain a sense of hope. My approach combines cognitive-behavioral therapy, psychodynamic therapy, as well as other methods. This means my work is rooted in the belief that individuals think and act for understandable reasons that may be problematic in their daily lives. I help people uncover these reasons and move forward in a way that reduces psychological suffering and promotes wellness. My aim is to help each client become aware of thoughts and behaviors that may be distorted and correct them so life is more enjoyable and effective. Within the first few sessions, the client should feel confident we are working well together toward meeting his or her goals.

### TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Medication Referral

Mindfulness

Other

### POPULATIONS TREATED

Adults

Seniors

---

DISORDERS AND SPECIALITIES

Anxiety  
Attention-Deficit/Hyperactivity Disorder  
Bipolar Disorder  
Depression  
Generalized Anxiety Disorder (GAD)  
Obsessive Compulsive Disorder (OCD)  
Social Anxiety Disorder  
Other

---

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

**Get Involved with ADAA**

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

© 2026 ANXIETY & DEPRESSION ASSOCIATION. ALL RIGHTS RESERVED