



Jacqueline Sperling

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Zip Code: 02138

Zip Postal: 02138-1048

Language: English

Populations Treated: Children, Adolescents/Teens

Organization: McLean Anxiety Mastery Program at McLean Hospital

Treatment Options: In Office, Telehealth

Disorders Treated & Specialty: Tourette's Syndrome, Trichotillomania, Specific Phobias, Body Focused Repetitive Behaviors, Agoraphobia, Anxiety, Generalized Anxiety Disorder (GAD), Hoarding, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Selective Mutism Disorder, School Refusal, Separation Anxiety, Social Anxiety Disorder

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

Address1: 799 Concord Ave

Website: <https://www.mcleanhospital.org/treatment/mamp>

City: Cambridge

State/Providence: Massachusetts

Country: United States

Degree: PhD

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Office Phone: 6176745335

Telehealth: Massachusetts

Professional focus: Psychologist

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ABOUT

If you were interested in the McLean Anxiety Mastery Program, please complete and submit the following application to begin the phone screen process: <https://www.mcleanhospital.org/sites/default/files/2022-11/MAMP-Application-11112022.pdf>.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

Mindfulness

POPULATIONS TREATED

Adolescents/Teens

Children

DISORDERS AND SPECIALITIES

Agoraphobia

Anxiety

Body Focused Repetitive Behaviors
Generalized Anxiety Disorder (GAD)
Hoarding
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
School Refusal
Selective Mutism Disorder
Separation Anxiety
Social Anxiety Disorder
Specific Phobias
Tourette's Syndrome
Trichotillomania

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

