



Kate Lieberman

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Zip Code: 22314

Zip Postal: 22314-3626

Populations Treated: LGBTQI, Adults, Adolescents/Teens

Organization: Kate Lieberman Ph.D.

Treatment Options: Teletherapy

Disorders Treated & Specialty: Depression, Anxiety, Attention-Deficit/Hyperactivity Disorder, Autism Spectrum Disorder, Bipolar Disorder, Body Dysmorphic Disorder, Generalized Anxiety Disorder (GAD), Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Social Anxiety Disorder, Specific Phobias, Trauma

Treatment Methods: Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), EMDR, Mindfulness, Other

Payment Options: Accepts Credit Cards

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ABOUT

I am a licensed psychologist with a Ph.D. in clinical and community psychology from George Washington University and a B.A. in psychology from Columbia University. In my clinical practice, I provide psychotherapy for adolescents and adults. I also conduct psychological evaluations with individuals across the lifespan.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)

EMDR

Mindfulness

Other

POPULATIONS TREATED

Adolescents/Teens

Adults

LGBTQI

DISORDERS AND SPECIALITIES

Anxiety
Attention-Deficit/Hyperactivity Disorder
Autism Spectrum Disorder
Bipolar Disorder
Body Dysmorphic Disorder
Depression
Generalized Anxiety Disorder (GAD)
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Posttraumatic Stress Disorder (PTSD)
Social Anxiety Disorder
Specific Phobias
Trauma

PAYMENT OPTIONS

Accepts Credit Cards



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

