



Katie O'Meara

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Zip Code: 22046

Zip Postal: 22046-3441

Populations Treated: Families, LGBTQI, Couples, Children, Adolescents/Teens, Adults

Organization: The Center for Cognitive Therapy

Treatment Options: Phone Consultations

Disorders Treated & Specialty: Depression, Agoraphobia, Anxiety, Attention-Deficit/Hyperactivity Disorder, Bipolar Disorder, Body Dysmorphic Disorder, Eating Disorders, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Specific Phobias, Trichotillomania

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

Payment Options: Accepts Credit Cards, Accepts Some Insurance, Accepts Medicaid

Address1: 300 N Washington St

Address2: Ste 304A

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

City: Falls Church

State/Providence: Virginia

Country: United States

Home Email: komeara@centerforcbtva.com

Degree: PsyD

Email: ktpsych@me.com

Office Phone: (703) 618-0900

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ABOUT

Clinical psychologist and director of a cognitive behavioral private practice in Northern Virginia that serves children, adolescents and adults.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

POPULATIONS TREATED

Adolescents/Teens

Adults

Children

Couples

Families

LGBTQI

DISORDERS AND SPECIALITIES

Agoraphobia

Anxiety

Attention-Deficit/Hyperactivity Disorder
Bipolar Disorder
Body Dysmorphic Disorder
Depression
Eating Disorders
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Specific Phobias
Trichotillomania

PAYMENT OPTIONS

Accepts Credit Cards
Accepts Medicaid
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

