



### Kean Hsu

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Zip Code: 20007 Zip Postal: 20007

Populations Treated: LGBTQI, Seniors, Adults, Adolescents/Teens

Organization: Georgetown University Medical Center

Disorders Treated & Specialty: Specific Phobias, Social Anxiety Disorder, Panic Attacks/Panic Disorder, Generalized Anxiety Disorder (GAD),

Depression, Anxiety

Treatment Methods: Acceptance and Commitment Therapy (ACT), Mindfulness, Exposure Therapy, Dialectical Behavioral Therapy (DBT), Cognitive

Behavioral Therapy (CBT)

Payment Options: Sliding Scale, Accepts Credit Cards

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# TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)
Cognitive Behavioral Therapy (CBT)
Dialectical Behavioral Therapy (DBT)
Exposure Therapy
Mindfulness

# POPULATIONS TREATED

Adolescents/Teens Adults LGBTQI

Seniors

### **DISORDERS AND SPECIALITIES**

Anxiety
Depression
Generalized Anxiety Disorder (GAD)
Panic Attacks/Panic Disorder
Social Anxiety Disorder
Specific Phobias

PAYMENT OPTIONS

Accepts Credit Cards Sliding Scale





# 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.

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 $For the ADAA\ mental\ health\ professionals, this\ directory\ also\ helps\ you\ connect\ with\ millions\ of\ potential\ patients.$ 

To join the directory, contactmembership@adaa.org.

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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

https://adaa.org/get-involved

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