



Mary Alvord

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Zip Code: 20852

Zip Postal: 20852-4265

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

Organization: Alvord, Baker & Associates, LLC

Disorders Treated & Specialty: Trichotillomania, Specific Phobias, Selective Mutism Disorder, Panic Attacks/Panic Disorder, Obsessive Compulsive Disorder (OCD), Depression, Attention-Deficit/Hyperactivity Disorder, Anxiety

Treatment Methods: Mindfulness, Cognitive Behavioral Therapy (CBT)

Payment Options: Accepts Credit Cards

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City: Rockville

State/Province: Maryland

Country: United States

Degree: PhD

Preferred Pronouns: she/her/hers

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ABOUT

We treat the range of anxiety disorders in children, teens and adults using a Cognitive-Behavioral Therapy approach. Co-author: Resilience Builder for Children and Adolescents, Relaxation and Self-Regulation Techniques for Children and Teens, and Relaxation and Wellness Techniques (for adults) and Conquer Negative Thinking for Teens..

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Mindfulness

POPULATIONS TREATED

Adolescents/Teens

Adults

Children

Couples

Families

DISORDERS AND SPECIALITIES

Anxiety

Attention-Deficit/Hyperactivity Disorder

Depression

Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Selective Mutism Disorder
Specific Phobias
Trichotillomania

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

