



## Melissa Hunt

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Zip Code: 19104

Zip Postal: 19104-4544

Language: English

Populations Treated: Adults, Couples

Organization: University of Pennsylvania

Treatment Options: Phone Consultations, Telehealth, In Office

Disorders Treated & Specialty: Obsessive Compulsive Disorder (OCD), Other, Trichotillomania, Trauma, Specific Phobias, Social Anxiety Disorder, Posttraumatic Stress Disorder (PTSD), Panic Attacks/Panic Disorder, Depression, Body Dysmorphic Disorder, Bipolar Disorder, Anxiety, Agoraphobia

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

Payment Options: Sliding Scale, Accepts Venmo/App-based Payment, Accepts Cash and/or Checks

Address1: 425 S University Ave

Website: <http://melissahunt.net/>

City: Philadelphia

State/Province: Pennsylvania

Country: United States

Degree: PhD

Email: [mhunt@psych.upenn.edu](mailto:mhunt@psych.upenn.edu)

Office Phone: (215) 898-6478

Telehealth: West Virginia, Washington, Arkansas, Kansas, Illinois, Idaho, Georgia, Florida, District of Columbia, Delaware, Colorado, Kentucky, Arizona, Alabama, New Jersey, Virginia, Utah, Texas, Tennessee, Pennsylvania, Oklahoma, Ohio, North Carolina, New Hampshire, Nevada, Nebraska, Missouri, Minnesota, Maryland, Maine

Professional focus: Psychologist

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### ABOUT

Individually tailored cognitive-behavioral therapy for folks with chronic gastrointestinal disorders, including Irritable Bowel Syndrome, Crohn's Disease and Ulcerative Colitis. I also treat a range of mood and anxiety disorders including depression, panic/agoraphobia, OCD, social & specific phobias, PTSD & trauma work, any of which can occur in the context of chronic GI distress.

### TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

Mindfulness

### POPULATIONS TREATED

Adults

Couples

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#### DISORDERS AND SPECIALITIES

Agoraphobia  
Anxiety  
Bipolar Disorder  
Body Dysmorphic Disorder  
Depression  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Posttraumatic Stress Disorder (PTSD)  
Social Anxiety Disorder  
Specific Phobias  
Trauma  
Trichotillomania  
Other

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#### PAYMENT OPTIONS

Accepts Cash and/or Checks  
Accepts Venmo/App-based Payment  
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, contact [membership@adaa.org](mailto:membership@adaa.org).*

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**If you are in crisis call or text 988 for the Suicide & Crisis Lifeline.**

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#### 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](https://adaa.informz.net/adaa/pages/Triumph_Subscribe_page)

##### **Get Involved with ADAA**

