



Selena Snow

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Zip Code: 20852

Zip Postal: 20852-4119

Language: English

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

Organization: The Snow Psychology Group, LLC

Treatment Options: Telehealth, In Office, Group Therapy

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

Treatment Methods: Mindfulness, Interpersonal Therapy (IPT), Exposure Therapy, EMDR, Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT)

Payment Options: Accepts Credit Cards

Address1: 6274 Montrose Rd

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

City: Rockville

State/Province: Maryland

Country: United States

Degree: PhD

Email: info@snowpsych.com

Office Phone: 240-676-4206

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

Cell Phone: 2406764206

Professional focus: Psychologist

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ABOUT

The Snow Psychology Group, LLC provides evidence-based psychotherapy to teens and adults across the lifespan, aged 12 and up, through individual therapy, couples therapy, and group therapy. We also provide comprehensive neuropsychological evaluations for ages 18 and above. We are dedicated to providing you with the highest level of care and tailoring our approach to your specific needs within a warm and supportive environment. Our licensed clinicians have extensive training and experience in treating depression, anxiety, trauma, OCD, eating disorders, relationships, and challenging life events. Our therapists specialize in evidence-based treatment (CBT, ERP, DBT skills, EMDR, etc) and integrate our approach to best address your unique needs.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

EMDR

Exposure Therapy

Interpersonal Therapy (IPT)

Mindfulness

POPULATIONS TREATED

Adolescents/Teens
Adults
Couples
Seniors

DISORDERS AND SPECIALITIES

Anxiety
Attention-Deficit/Hyperactivity Disorder
Bipolar Disorder
Depression
Generalized Anxiety Disorder (GAD)
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Posttraumatic Stress Disorder (PTSD)
Social Anxiety Disorder
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

