



**Alyssa Faro**

Zip Postal: 03087

Language: English

Populations Treated: Adolescents/Teens, Adults

Organization: True North Health, PLLC

Treatment Options: Telehealth, Phone Consultations

Disorders Treated & Specialty: Phobias, Selective Mutism Disorder, Separation Anxiety, Social Anxiety Disorder, Stress, Trichotillomania, Panic Attacks/Panic Disorder, Body Dysmorphic Disorder, Anxiety, Body Focused Repetitive Behaviors, Depression, Emetophobia, Generalized Anxiety Disorder (GAD), Health Anxiety, Hoarding, Intrusive Thoughts, Misophonia, Obsessive Compulsive Disorder (OCD)

Treatment Methods: Exposure Therapy, Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Telemental Health

Payment Options: Accepts Venmo/App-based Payment, Sliding Scale

Address1: 9 Sherwood Rd

Website: <https://www.drallyssafaro.com>

Country: United States

Degree: PhD

Preferred Pronouns: she/her/hers

Email: [dr.allyssafaro@gmail.com](mailto:dr.allyssafaro@gmail.com)

Office Phone: 6173980052

Telehealth: Massachusetts, New Hampshire

Professional focus: Psychologist

## ABOUT

Dr. Alyssa Faro is a licensed psychologist with extensive training in providing cognitive behavioral interventions in both psychiatric and medical settings. She completed her APA predoctoral internship at the University of Massachusetts Medical School and Worcester Recovery Center and Hospital, where she trained to provide evidence-based therapy to children, adolescents, adults, parents, and families to treat disorders such as anxiety, depression, obsessive compulsive disorder, parent-child relational problems, and co-occurring health problems. As a postdoctoral fellow at Edith Nourse Rogers Veterans Hospital she engaged in advanced training in Acceptance and Commitment Therapy (ACT), and evidenced-based transdiagnostic treatment. Upon licensure she began at the OCD Institute for Children and Adolescents (ODCI Jr.) at McLean Hospital where she further specialized in the treatment of depression, anxiety, obsessive compulsive disorder and trichotillomania as a psychologist. She has many years of experience treating OCD and related disorders with Exposure and Response Prevention (ERP) and other evidence-based treatments such as Cognitive Behavioral Therapy (CBT), ACT, and Supportive Parenting for Anxious Childhood Emotions (SPACE). Currently, in addition to her work in private practice she is the Senior Clinical Consultant at McLean Hospital's OCDI Jr. where she oversees clinical training, programming, admissions, and supervision. She is currently a member of the faculty at the Harvard Medical School.

## TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Telemental Health

## POPULATIONS TREATED

Adolescents/Teens

Adults

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#### DISORDERS AND SPECIALITIES

Anxiety  
Body Dysmorphic Disorder  
Body Focused Repetitive Behaviors  
Depression  
Emetophobia  
Generalized Anxiety Disorder (GAD)  
Health Anxiety  
Hoarding  
Intrusive Thoughts  
Misophonia  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Phobias  
Selective Mutism Disorder  
Separation Anxiety  
Social Anxiety Disorder  
Stress  
Trichotillomania

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#### PAYMENT OPTIONS

Accepts Venmo/App-based Payment  
Sliding Scale



#### ABOUT ANXIETY & DEPRESSION ASSOCIATION (ADAA)

*ADAA's Find Your Therapist Directory connects YOU with licensed mental health professionals/counselors, with clinical licenses and who have expertise in anxiety, depression, OCD, PTSD, and co-occurring disorders.*

*We are increasing the number of mental health professionals listed. We also list ADAA members who work for behavioral health clinics.*

*If you cannot find a therapist, contact your medical provider, your insurance company, or other lists of licensed mental health professionals.*

*Please note that US clinicians are not able to see clients outside of the US due to licensing restrictions.*

*Please note that clinicians in the directory who do not state that they participate in an insurance plan do not take insurance.*

Know that you are not alone, and help is available. If you are in crisis call or text 988 for the Suicide & Crisis Lifeline.

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*For the ADAA mental health professionals, this directory also helps you connect with potential patients. To join the directory, contact [membership@adaa.org](mailto:membership@adaa.org).*

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*The members in ADAA's Find Your Therapist directory are listed for the sole purpose of helping the public or serving as an ADAA professional member referral.*

*The emails of the therapists cannot be used to contact them for any reason other than requesting mental health services or for an ADAA professional member to reach out to another member to discuss a possible referral. These emails are not to be used to solicit business or promote any products. ADAA reserves the right to take legal action if solicitations occur.*

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#### HELPFUL LINKS

**ADAA Website**  
<https://adaa.org/>

**Tips and Questions About How to Chose a Therapist That's Right for You**

<https://adaa.org/finding-help/treatment/choosing-therapist>

**5 Tips for How to Know If an Anxiety Therapist Is the Right Fit for You**

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/5-tips-how-know-if-anxiety-therapist-right-fit>

**Watch ADAA's Short "What is" Videos on Depression, MDD, PTSD, OCD and Suicide**

<https://adaa.org/resources-news/from-adaa-experts/videos>

**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 Free Newsletter Sign Up**

[https://adaa.informz.net/adaa/pages/Triumph\\_Subscribe\\_page](https://adaa.informz.net/adaa/pages/Triumph_Subscribe_page)

**Join a Free Support Community**

<https://adaa.org/find-help/support>

**Meet ADAA's Institutional Members**

<https://adaa.org/professionals/Institutional-Memberships>

**For Therapists: Watch ADAA's Find Your Therapist Video**

<https://youtu.be/Eq3zOzbfGoU>