



**Caitriona Hayes**

Zip Code: 20850

Zip Postal: 20850-4248

Populations Treated: Adults, Adolescents/Teens, Children

Organization: Center for Anxiety & Behavioral Change

Disorders Treated & Specialty: Specific Phobias, Social Anxiety Disorder, Separation Anxiety, School Refusal, Panic Attacks/Panic Disorder, Obsessive Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), Depression, Attention-Deficit/Hyperactivity Disorder, Anxiety, Agoraphobia

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

Payment Options: Accepts Credit Cards

Address1: 50 W Montgomery Ave

Address2: Ste 110

City: Rockville

State/Province: Maryland

Country: United States

Degree: PSYD

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Office Phone: 3016107850

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#### ABOUT

Dr. Caitriona Hayes is a licensed psychologist. She earned bachelors in Studio Art from the College of Charleston and Psychology from University of Maryland. Dr. Hayes earned her doctorate in Clinical Psychology with a concentration in Child and Family Systems at the American School for Professional Psychology at Argosy University, Washington D.C. Dr. Hayes's training experiences involved providing individual, family, couples, and group psychotherapy and crisis intervention to a diverse client population of varying psychopathology. During internship, Dr. Hayes developed a parenting group focused on implementing behavioral interventions specified for oppositional behaviors. She has adapted this group to provide research-informed didactic training for parents of youth struggling with anxiety. Dr. Hayes's areas of expertise include the treatment of anxiety disorders, obsessive-compulsive disorder, depression, emotion dysregulation, trauma, and school refusal. She provides an integrative approach to treatment, grounded in Cognitive Behavioral Therapy and Family Systems Theory. She is certified in mindfulness training and incorporates mindfulness strategies and breathing biofeedback as complementary techniques for improving dysregulation. Dr. Hayes's approaches therapy through an accepting, warm, and non-judgmental lens. She values a collaborative therapeutic relationship and strives to deliver culturally informed therapy to meet the needs of all individuals, couples, or families presenting for treatment. Dr. Hayes can be reached at: (301) 610-7850, ext. 8, or drhayes@changeanxiety.com.

#### TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Mindfulness

#### POPULATIONS TREATED

Adolescents/Teens

Adults

Children

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#### DISORDERS AND SPECIALITIES

Agoraphobia  
Anxiety  
Attention-Deficit/Hyperactivity Disorder  
Depression  
Generalized Anxiety Disorder (GAD)  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
School Refusal  
Separation Anxiety  
Social Anxiety Disorder  
Specific Phobias

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#### PAYMENT OPTIONS

Accepts Credit Cards



#### 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>