



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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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

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

PAYMENT OPTIONS

Accepts Credit Cards



ABOUT ANXIETY & DEPRESSION ASSOCIATION (ADAA)

Looking for a Therapist? ADAA Can Help

ADAA's Find Your Therapist Directory is your trusted resource for connecting with licensed mental health professionals who specialize in treating anxiety, depression, OCD, PTSD, and other related disorders. Each provider listed holds a valid clinical license and brings expertise to support your mental wellness journey.

If You're Having Trouble Finding a Therapist

If you don't find a match in our directory, we encourage you to:

- Contact your primary care provider
- Check with your health insurance company
- Explore other reputable directories of licensed mental health professionals

Please Note:

- U.S.-based clinicians cannot see clients who reside outside the United States due to licensing laws.
- Clinicians who do not mention insurance participation in their profile do not accept 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.

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.

HELPFUL LINKS

ADAA Website

<https://adaa.org/>

Tips and Questions About How to Choose 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 Anxiety, Depression, MDD, PTSD, OCD and more!

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

ADAA's Free 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

Join a Free ADAA Online Peer-to-Peer Support Community

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

Meet ADAA's Institutional Members

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

Therapists: Watch ADAA's Find Your Therapist Video and Join the Directory!

<https://youtu.be/Eq3zOzbfGoU>