



**Chrissy Cammarata**

Zip Code: 19809

Zip Postal: 19809

Language: English

**Populations Treated:** Adults, Adolescents/Teens, Children, BIPOC, LGBTQI, Families

**Organization:** Brandywine Psychology

**Treatment Options:** Phone Consultations, Telehealth, In Office

**Disorders Treated & Specialty:** Obsessive Compulsive Disorder (OCD), Trichotillomania, Tourette's Syndrome, Social Anxiety Disorder, Separation Anxiety, School Refusal, Selective Mutism Disorder, Postpartum, Phobias, Panic Attacks/Panic Disorder, Health Anxiety, Generalized Anxiety Disorder (GAD), Emetophobia, Eating Disorders, Depression, Chronic Illness, Body Focused Repetitive Behaviors, Body Dysmorphic Disorder, Anxiety, Agoraphobia

**Treatment Methods:** Telemental Health, Mindfulness, Intensive Exposure Therapy Protocols, Exposure Therapy, Dialectical Behavioral Therapy (DBT), Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT)

**Payment Options:** Accepts Venmo/App-based Payment, Accepts Cash and/or Checks, Accepts Credit Cards

**Address1:** 501 silverside

**Address2:** Suite 56

**Website:** <http://www.brandywinepsych.com>

**City:** Wilmington

**State/Providence:** Delaware

**Country:** United States

**Degree:** PhD, ABPP

**Preferred Pronouns:** she/her/hers

**Email:** [drchrissycammarata@gmail.com](mailto:drchrissycammarata@gmail.com)

**Office Phone:** 3022670481

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

**Cell Phone:** 3022670481

**Professional focus:** Psychologist

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## ABOUT

I am a psychologist with expertise in obsessive-compulsive disorder (OCD), eating disorders, as well as other anxiety and OC-related disorders. I use evidence-based approaches with youth and young adults.

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## TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

Mindfulness

Telemental Health

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## POPULATIONS TREATED

Adolescents/Teens  
Adults  
BIPOC  
Children  
Families  
LGBTQI

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## DISORDERS AND SPECIALITIES

Agoraphobia  
Anxiety  
Body Dysmorphic Disorder  
Body Focused Repetitive Behaviors  
Chronic Illness  
Depression  
Eating Disorders  
Emetophobia  
Generalized Anxiety Disorder (GAD)  
Health Anxiety  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Phobias  
Postpartum  
School Refusal  
Selective Mutism Disorder  
Separation Anxiety  
Social Anxiety Disorder  
Tourette's Syndrome  
Trichotillomania

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## PAYMENT OPTIONS

Accepts Cash and/or Checks  
Accepts Credit Cards  
Accepts Venmo/App-based Payment



#### 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>