



Christina Diaz

Zip Code: 20850

Zip Postal: 20850-4248

Language: English

Populations Treated: Children, People W/ Disabilities, LGBTQI, BIPOC, Adults, Adolescents/Teens

Organization: Center for Anxiety & Behavioral Change

Treatment Options: Telehealth, In Office, Group Therapy

Disorders Treated & Specialty: LGBTQ+, Trichotillomania, Trauma, Tourette's Syndrome, Stress, Social Anxiety Disorder, School Refusal, Posttraumatic Stress Disorder (PTSD), Phobias, Panic Attacks/Panic Disorder, Obsessive Compulsive Disorder (OCD), MDD, Intrusive Thoughts, Generalized Anxiety Disorder (GAD), Gender Identity, Depression, Behavioral Issues, Autism Spectrum Disorder, Attention-Deficit/Hyperactivity Disorder, Anxiety, Anger Management, Agoraphobia, Academic Underachievement

Treatment Methods: Parent-Child Interaction Therapy (PCIT), Telemental Health, Mindfulness, Intensive Exposure Therapy Protocols, Exposure Therapy, Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT)

Address1: 50 W Montgomery Ave

Address2: Ste 110

Website: <https://changeanxiety.com/about-us/our-staff/rockville-staff/#Diaz>

City: Rockville

State/Province: Maryland

Country: United States

Degree: PSYD

Preferred Pronouns: she/her/hers

Email: drdiaz@changeanxiety.com

Office Phone: 3016107850

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

Professional focus: Psychologist

ABOUT

Dr. Christina Diaz is a licensed psychologist who earned her doctorate degree in school psychology from Rutgers University. She completed her doctoral internship at the UC Davis CAARE Center where she specialized in evidence-based, trauma-informed assessment and treatment of children and adolescents. Following her internship, Dr. Diaz completed a year-long postdoctoral fellowship at the Behavior Management Clinic of the Kennedy Krieger Institute/Johns Hopkins School of Medicine. During her postdoctoral fellowship, she gained further experience providing evidence-based treatments including behavioral parent training, cognitive-behavioral therapy, exposure therapy, and Comprehensive Behavioral Intervention for Tics. Upon obtaining licensure, Dr. Diaz also became a certified provider of Trauma-Focused Cognitive Behavioral Therapy and Parent-Child Interaction Therapy. Dr. Diaz has worked with individuals across the lifespan and places great emphasis on a culturally humble, collaborative, and strengths-based approach to treatment. She has expertise in treating anxiety disorders, obsessive-compulsive disorder, post-traumatic stress disorder, disruptive behavior disorders, school refusal, and body-focused repetitive behaviors (BFRBs).

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

Mindfulness

POPULATIONS TREATED

Adolescents/Teens
Adults
BIPOC
Children
LGBTQI
People W/ Disabilities

DISORDERS AND SPECIALITIES

Academic Underachievement
Agoraphobia
Anger Management
Anxiety
Attention-Deficit/Hyperactivity Disorder
Autism Spectrum Disorder
Behavioral Issues
Depression
Gender Identity
Generalized Anxiety Disorder (GAD)
Intrusive Thoughts
LGBTQ+
MDD
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Phobias
Posttraumatic Stress Disorder (PTSD)
School Refusal
Social Anxiety Disorder
Stress
Tourette's Syndrome
Trauma
Trichotillomania

PAYMENT OPTIONS



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>