



**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](mailto: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

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#### 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

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#### PAYMENT OPTIONS



#### 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>