



Erin Sadler

Zip Code: 20012
Zip Postal: 20012-1901
Language: English
Populations Treated: Children, Adolescents/Teens, BIPOC, Other
Organization: Children's National Hospital
Treatment Options: Group Therapy, In Office, Telehealth
Disorders Treated & Specialty: Social Anxiety Disorder, Stress, Suicidal Ideation, Trauma, Separation Anxiety, Assessment, Anxiety, BIPOC, Borderline Personality Disorder (BPD), Depression, Emotional Disturbance, Family Conflict, Generalized Anxiety Disorder (GAD), MDD, Postpartum, Posttraumatic Stress Disorder (PTSD), Selective Mutism Disorder, Self-Harm
Treatment Methods: Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Mindfulness
Payment Options: Accepts Some Insurance, Accepts Medicaid
Address1: 6833 4th St NW
Website: <https://childrensnational.org/visit/find-a-provider/erin-sadler>
City: Washington
State/Providence: District of Columbia
Country: United States
Degree: PSYD
Preferred Pronouns: she/her/hers
Email: esadler@childrensnational.org
Office Phone: 2027293332
Telehealth: District of Columbia, Maryland, Virginia
Cell Phone: 4044026093
Professional focus: Psychologist

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)
Dialectical Behavioral Therapy (DBT)
Mindfulness

POPULATIONS TREATED

Adolescents/Teens
BIPOC
Children
Other

DISORDERS AND SPECIALITIES

Anxiety
Assessment
BIPOC
Borderline Personality Disorder (BPD)
Depression
Emotional Disturbance

Family Conflict
Generalized Anxiety Disorder (GAD)
MDD
Postpartum
Posttraumatic Stress Disorder (PTSD)
Selective Mutism Disorder
Self-Harm
Separation Anxiety
Social Anxiety Disorder
Stress
Suicidal Ideation
Trauma

PAYMENT OPTIONS

Accepts Medicaid
Accepts Some Insurance



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>