



**Gillie Barrett**

Zip Code: 19063

Zip Postal: 19063

Language: English, ASL, Hebrew

Populations Treated: Children, Adults

Organization: The Center for Cognitive Behavioral Therapy CBT

Treatment Options: Telehealth

Disorders Treated & Specialty: Selective Mutism Disorder, School Refusal, Separation Anxiety, Sleep Disorders, Social Anxiety Disorder, Stress, Other, Phobias, Attention-Deficit/Hyperactivity Disorder, Academic Underachievement, Anxiety, Behavioral Issues, BIPOC, Developmental Disorders, Emetophobia, Family Conflict, Gender Identity, Generalized Anxiety Disorder (GAD), Grief, Health Anxiety, LGBTQ+, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder

Treatment Methods: Telemental Health, Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Exposure Therapy, Other

Payment Options: Accepts Credit Cards, Accepts Venmo/App-based Payment

Address1: 22 N. Pennell Rd.

Website: <https://www.centerforcbt.net/>

City: Media

State/Providence: Pennsylvania

Country: United States

Degree: PhD

Preferred Pronouns: she/her/hers

Email: [gbarrett@centerforcbt.net](mailto:gbarrett@centerforcbt.net)

Office Phone: 267-551-1984

Telehealth: Delaware, Florida, Maryland

Professional focus: Psychologist

#### TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Telemental Health

Other

#### POPULATIONS TREATED

Adults

Children

#### DISORDERS AND SPECIALITIES

Academic Underachievement

Anxiety

Attention-Deficit/Hyperactivity Disorder

Behavioral Issues

BIPOC

Developmental Disorders  
Emetophobia  
Family Conflict  
Gender Identity  
Generalized Anxiety Disorder (GAD)  
Grief  
Health Anxiety  
LGBTQ+  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Phobias  
School Refusal  
Selective Mutism Disorder  
Separation Anxiety  
Sleep Disorders  
Social Anxiety Disorder  
Stress  
Other

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#### PAYMENT OPTIONS

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>