



Jonathan Hershfield

Zip Code: 21204 Zip Postal: 21204-6872 Language: English

Populations Treated: Adults, Adolescents/Teens

Organization: The Center for OCD and Anxiety at Sheppard Pratt Treatment Options: Group Therapy, In Office, Telehealth, Inpatient

Disorders Treated & Specialty: A goraphobia, Anxiety, Body Dysmorphic Disorder, Generalized Anxiety Disorder (GAD), Obsessive Compulsive Computer Compulsive Compulsive Computer Com

Disorder (OCD), Panic Attacks/Panic Disorder, Social Anxiety Disorder

Treatment Methods: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Compassion-Focused Therapy, Dialectical Behavioral Therapy (DBT), Exposure Therapy, Intensive Exposure Therapy Protocols, Mindfulness

Payment Options: Accepts Credit Cards

Address1: 6501 N Charles St

Website: http://www.ocdbaltimore.com

City: TOWSON

State/Providence: Maryland

 $\textbf{Degree:} \, \mathsf{LMFT}, \, \mathsf{MA}$

Preferred Pronouns: he/him/his
Email: jon.hershfield@sheppardpratt.org

Office Phone: (410) 927-5462 Telehealth: Maryland Cell Phone: 443-608-7081

ABOUT

Jon Hershfield, MFT is a licensed psychotherapist and director of The Center for OCD and Anxiety at Sheppard Pratt (www.ocdbaltimore.com). He is co-author of The Mindfulness Workbook for OCD and Everyday Mindfulness for OCD, and author of When a Family Member Has OCD, The OCD Workbook for Teens, and Overcoming Harm OCD.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)
Cognitive Behavioral Therapy (CBT)
Compassion-Focused Therapy
Dialectical Behavioral Therapy (DBT)
Exposure Therapy
Intensive Exposure Therapy Protocols
Mindfulness

POPULATIONS TREATED

Adolescents/Teens Adults Agoraphobia
Anxiety
Body Dysmorphic Disorder
Generalized Anxiety Disorder (GAD)
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Social Anxiety Disorder

PAYMENT OPTIONS

Accepts Credit Cards





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 propose 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.

ADAA Website

https://adaa.org/

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 and the state of t

Watch ADAA's Short "What is" Videos on Anxiety, Depression, MDD, PTD, 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

© 2025 ANXIETY & DEPRESSION ASSOCIATION (ADAA). ALL RIGHTS RESERVED