



Kathryn Burnett

Email

clinicalteam@burnettcbt.com

Zip Code: 21046

Zip Postal: 21046

Language: English

Populations Treated: Adults, Adolescents/Teens, Children, Seniors, Families, Couples

Organization: Burnett CBT

Treatment Options: Phone Consultations, Telehealth, In Office

Disorders Treated & Specialty: Intrusive Thoughts, Other, Trichotillomania, Tinnitus Distress, Social Anxiety Disorder, Sleep Disorders, Phobias, Panic Attacks/Panic Disorder, Obsessive Compulsive Disorder (OCD), Health Anxiety, Generalized Anxiety Disorder (GAD), Emetophobia, Body Focused Repetitive Behaviors, Anxiety, Agoraphobia

Treatment Methods: Other, Telemental Health, Intensive Exposure Therapy Protocols, Exposure Therapy, Cognitive Behavioral Therapy for Insomnia (CBT-I), Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT)

Payment Options: Accepts Credit Cards

Address1: 10015 Old Columbia Road

Address2: Suite B215

Website: <http://burnettcbt.com>

City: Columbia

State/Province: Maryland

Country: United States

Degree: PSYD

Email: Clinicalteam@burnettcbt.com

Office Phone: 2408362733

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

Cell Phone: 2408362733

Professional focus: Psychologist

ABOUT

Kathryn Burnett, PsyD, is a licensed clinical psychologist in the Baltimore/Washington D.C. Metro area. She specializes in the treatment of anxiety disorders, including OCD, Panic Disorder, and Phobias. She also specializes in the treatment of Body Focused Repetitive Behavior Disorders (BFRB's), such as hair pulling (Trichotillomania); skin picking; mouth, cheek, and tongue biting; and nail biting and picking. Dr. Burnett works with ages 8 and up via telehealth and in-person in Columbia and Bethesda Maryland. She is a member of the International OCD Foundation (IOCDF) and has completed 100, 200, and 300 level trainings through the Behavior Therapy Training Institute (BTI). She is also a member of the Anxiety & Depression Association of America (ADAA) and the APA. Dr. Burnett is a member of the TLC Foundation for Body Focused Repetitive Behavior Disorders and has completed TLC's Virtual Professional Training Institute (VPTI).

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Cognitive Behavioral Therapy for Insomnia (CBT-I)

Exposure Therapy

Intensive Exposure Therapy Protocols

Telemental Health

Other

POPULATIONS TREATED

Adolescents/Teens
Adults
Children
Couples
Families
Seniors

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Body Focused Repetitive Behaviors
Emetophobia
Generalized Anxiety Disorder (GAD)
Health Anxiety
Intrusive Thoughts
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Phobias
Sleep Disorders
Social Anxiety Disorder
Tinnitus Distress
Trichotillomania
Other

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 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>