



**Krystal Lewis**

Zip Code: 20892

Zip Postal: 20892-0001

Language: English

Populations Treated: Children, Adolescents/Teens, Families

Organization: National Institutes of HealthNational Institute of Mental Health

Treatment Options: Phone Consultations

Disorders Treated & Specialty: Anxiety, Panic Attacks/Panic Disorder, Selective Mutism Disorder

Treatment Methods: Cognitive Behavioral Therapy (CBT), Exposure Therapy, Intensive Exposure Therapy Protocols

Payment Options: Sliding Scale

Address1: 9000

Website: <https://drkrystallewis.com>

City: Bethesda

State/Province: Maryland

Country: United States

Degree: PhD

Preferred Pronouns: she/her/hers

Email: [DrKLewis33@gmail.com](mailto:DrKLewis33@gmail.com)

Office Phone: 3015940876

Telehealth: Maryland, Connecticut, Delaware, District of Columbia, Illinois, Maine, New Jersey, North Carolina, Ohio, Pennsylvania, South Carolina, Tennessee, Texas, Virginia, West Virginia

Cell Phone: 6316626693

Professional focus: Psychologist

#### ABOUT

Clinical Psychologist at practice in Maryland where I provide Cognitive Behavioral Therapy (CBT) to children, adolescents, and young adults presenting with anxiety and related disorders. <https://drkrystallewis.com>

#### TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

#### POPULATIONS TREATED

Adolescents/Teens

Children

Families

#### DISORDERS AND SPECIALITIES

Anxiety

Panic Attacks/Panic Disorder

PAYMENT OPTIONS

Sliding Scale



#### 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>