



**Larry Cohen**

Zip Code: 20016  
Zip Postal: 20016-4502  
Language: English, Spanish  
Populations Treated: Adolescents/Teens, Adults, Seniors, LGBTQI  
Organization: National Social Anxiety Center: DC  
Treatment Options: In Office, Telehealth, Phone Consultations  
Disorders Treated & Specialty: Phobias, Sleep Disorders, Social Anxiety Disorder, Stress, Trichotillomania, Panic Attacks/Panic Disorder, Agoraphobia, Anger Management, Anxiety, Bipolar Disorder, Depression, Gender Identity, Generalized Anxiety Disorder (GAD), Health Anxiety, Intrusive Thoughts, LGBTQ+, MDD, Obsessive Compulsive Disorder (OCD)  
Treatment Methods: Mindfulness, Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Cognitive Behavioral Therapy for Insomnia (CBT-I), Exposure Therapy  
Payment Options: Accepts Credit Cards, Accepts Medicare  
Address1: 4808 43rd PI NW  
Website: <http://www.socialanxietyhelp.com>  
City: Washington  
State/Province: District of Columbia  
Home Email: [larry.cohen@icloud.com](mailto:larry.cohen@icloud.com)  
Degree: ACT, LICSW, MSW  
Preferred Pronouns: he/him/his  
Email: [larrycohen@socialanxietyhelp.com](mailto:larrycohen@socialanxietyhelp.com)  
Office Phone: (202) 244-0903  
Telehealth: District of Columbia, Maryland, Virginia  
Cell Phone: 2023408266

#### ABOUT

Cognitive-behavioral therapy (individual and group) of social anxiety, other anxiety disorders, depression, self-esteem, and relationship problems. Also specializes in LGBT concerns. Sliding scale. Credit and debit cards accepted. Please visit my websites for more information: Social Anxiety Help, [www.socialanxietyhelp.com](http://www.socialanxietyhelp.com); National Social Anxiety Center, [nationalsocialanxietycenter.com](http://nationalsocialanxietycenter.com). NOTICE: Sessions are offered both in person and over secure video call.

#### ADDITIONAL INFORMATION

Larry Cohen, LICSW, A-CBT, is cofounder and Cochair of the National Social Anxiety Center (NSAC). He has directed the Social Anxiety Help clinic (NSAC District of Columbia) in Washington, DC since 1990 where he has provided cognitive-behavioral therapy for more than 1,000 persons with social anxiety, and has conducted some 100 20-week social anxiety CBT groups. Larry is certified as a Diplomate in CBT by the Academy of Cognitive and Behavioral Therapies, which has also conferred on him the status of Fellow for having "made sustained outstanding contributions to the field of cognitive therapy".

#### TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)  
Cognitive Behavioral Therapy (CBT)  
Cognitive Behavioral Therapy for Insomnia (CBT-I)  
Exposure Therapy  
Mindfulness

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#### POPULATIONS TREATED

Adolescents/Teens  
Adults  
LGBTQI  
Seniors

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#### DISORDERS AND SPECIALITIES

Agoraphobia  
Anger Management  
Anxiety  
Bipolar Disorder  
Depression  
Gender Identity  
Generalized Anxiety Disorder (GAD)  
Health Anxiety  
Intrusive Thoughts  
LGBTQ+  
MDD  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Phobias  
Sleep Disorders  
Social Anxiety Disorder  
Stress  
Trichotillomania

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#### PAYMENT OPTIONS

Accepts Credit Cards  
Accepts Medicare



## 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.**

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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 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](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>