



Maria Fraire

Zip Code: 02478
Zip Postal: 02478-1064
Language: English
Populations Treated: Families, Adolescents/Teens, Children
Organization: McLean Hospital/Harvard Medical School
Disorders Treated & Specialty: Social Anxiety Disorder, Selective Mutism Disorder, Posttraumatic Stress Disorder (PTSD), Panic Attacks/Panic Disorder, Obsessive Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), Anxiety
Treatment Methods: Intensive Exposure Therapy Protocols, Exposure Therapy, Cognitive Behavioral Therapy (CBT)
Payment Options: None
Address1: 115 Mill St
Address2: MS 330
Website: <https://www.mcleanhospital.org/>
City: Belmont
State/Province: Massachusetts
Country: United States
Degree: PhD
Preferred Pronouns: she/her/hers
Email: mfraire@mclean.harvard.edu
Office Phone: 16178554525
Professional focus: Psychologist

ABOUT

My specialty is working with children and teens with OCD, anxiety and mood disorders. I use evidenced based treatments, specifically Cognitive Behavior Therapy (CBT) and Exposure and Response Prevention (ERP). I also work closely with families to help them understand and support their children. I currently serve as the Program Director for the OCD Institute for Children & Adolescents at McLean Hospital.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)
Exposure Therapy
Intensive Exposure Therapy Protocols

POPULATIONS TREATED

Adolescents/Teens
Children
Families

DISORDERS AND SPECIALITIES

Anxiety
Generalized Anxiety Disorder (GAD)
Obsessive Compulsive Disorder (OCD)

Panic Attacks/Panic Disorder
Posttraumatic Stress Disorder (PTSD)
Selective Mutism Disorder
Social Anxiety Disorder

PAYMENT OPTIONS

None



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.

For the ADAA mental health professionals, this directory also helps you connect with potential patients. To join the directory, contact membership@adaa.org.

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 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

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>