



Melissa Hunt

Zip Code: 19104

Zip Postal: 19104-4544

Language: English

Populations Treated: Couples, Adults

Organization: University of Pennsylvania

Treatment Options: Phone Consultations, Telehealth, In Office

Disorders Treated & Specialty: Anxiety, Trichotillomania, Trauma, Social Anxiety Disorder, Posttraumatic Stress Disorder (PTSD), Panic Attacks/Panic Disorder, Obsessive Compulsive Disorder (OCD), Depression, Body Dysmorphic Disorder, Bipolar Disorder, Other, Agoraphobia

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

Payment Options: Sliding Scale, Accepts Venmo/App-based Payment, Accepts Cash and/or Checks

Address1: 425 S University Ave

Website: <http://melissahunt.net/>

City: Philadelphia

State/Providence: Pennsylvania

Country: United States

Degree: PhD

Preferred Pronouns: she/her/hers

Email: mhunt@psych.upenn.edu

Office Phone: (215) 898-6478

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

Professional focus: Psychologist

ABOUT

Individually tailored cognitive-behavioral therapy for folks with chronic gastrointestinal disorders, including Irritable Bowel Syndrome, Crohn's Disease and Ulcerative Colitis. I also treat a range of mood and anxiety disorders including depression, panic/agoraphobia, OCD, social & specific phobias, PTSD & trauma work, any of which can occur in the context of chronic GI distress.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

Mindfulness

POPULATIONS TREATED

Adults

Couples

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Bipolar Disorder
Body Dysmorphic Disorder
Depression
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Posttraumatic Stress Disorder (PTSD)
Social Anxiety Disorder
Trauma
Trichotillomania
Other

PAYMENT OPTIONS

Accepts Cash and/or Checks
Accepts Venmo/App-based Payment
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.

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>