



Melissa Murphy

Zip Code: 20814 Zip Postal: 20814 Language: English

Populations Treated: Children, Adolescents/Teens, Adults, BIPOC, Couples, Families, LGBTQI, Veterans

Organization: Bethesda Therapy LLC

Treatment Options: Telehealth, Phone Consultations

Disorders Treated & Specialty: Trichotillomania, Anxiety, Attention-Deficit/Hyperactivity Disorder, Body Focused Repetitive Behaviors, Chronic Illness, Depression, Emetophobia, Generalized Anxiety Disorder (GAD), Health Anxiety, Intrusive Thoughts, LGBTQ+, MDD, Obsessive Compulsive

Disorder (OCD), Phobias, Trauma

Treatment Methods: Telemental Health, Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Dialectical Behavioral

Therapy (DBT), EMDR, Exposure Therapy

Payment Options: Accepts Some Insurance, Accepts Credit Cards

Address1: 4800 Hampden Lane

Address2: Suite 200

Website: http://www.wearebethesdatherapy.com

City: Bethesda

State/Providence: Maryland Degree: LCSW, LICSW, MSW

Email: melissa@wearebethesdatherapy.com

Office Phone: 240.389.0027

Telehealth: District of Columbia, Florida, Maryland, South Carolina, Vermont, Virginia

Cell Phone: 2404412759

ABOUT

Bethesda Therapy is a private psychotherapy group practice serving Maryland, Washington D.C., and Virginia. We specialize in individual therapy, couples therapy, family therapy, OCD & ERP, anxiety disorders, depression & mood disorders, ADHD, phobias, BFRBs, trauma/PTSD, and pelvic pain disorders. Our practice is rooted in a passion for evidence-based care, particularly Dialectical Behavior Therapy (DBT) and the treatment of Obsessive-Compulsive Disorder (OCD). This focus shapes our approach, ensuring that our services are grounded in thoughtful and effective strategies to help clients achieve meaningful change. We are dedicated to providing trauma-informed care, creating a safe and compassionate environment for all individuals. At Bethesda Therapy, our team of specialists focuses on treating OCD, anxiety disorders, depression, mood disorders, trauma, and life stressors. We offer evidence-based treatments, including Exposure and Response Prevention (ERP) and Inference-Based Cognitive Behavioral Therapy (I-CBT) for OCD. Additionally, we provide EMDR therapy and couples counseling, with particular expertise in supporting relationships impacted by OCD, anxiety, and ADHD. We also offer specialized Executive Functioning Coaching, supporting individuals with ADHD, educational advising, and related challenges. Our services are designed to support teens, adolescents, and adults, helping them navigate life's complexities with resilience and confidence. Please visit us at: www.wearebethesdatherapy.com for more information.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)
Cognitive Behavioral Therapy (CBT)
Dialectical Behavioral Therapy (DBT)
EMDR
Exposure Therapy
Telemental Health

POPULATIONS TREATED

Adolescents/Teens

Adults

BIPOC

Children

Couples

Families

LGBTQI

Veterans

DISORDERS AND SPECIALITIES

Anxiety

Attention-Deficit/Hyperactivity Disorder Body Focused Repetitive Behaviors

Chronic Illness

Depression

Emetophobia

Generalized Anxiety Disorder (GAD)

Health Anxiety

Intrusive Thoughts

LGBTQ+

MDD

Obsessive Compulsive Disorder (OCD)

Phobias

Trauma

Trichotillomania

PAYMENT OPTIONS

Accepts Credit Cards
Accepts Some Insurance





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 propose 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.

ADAA Website

https://adaa.org/

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 and the state of t

Watch ADAA's Short "What is" Videos on Anxiety, Depression, MDD, PTD, 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

© 2025 ANXIETY & DEPRESSION ASSOCIATION (ADAA). ALL RIGHTS RESERVED