



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/Province: 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 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 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

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>