



**Michael Parker**

Zip Code: 15232  
Zip Postal: 15232  
Language: English  
Populations Treated: Adolescents/Teens, Adults  
Organization: Mike Parker, LCSW, LLC  
Disorders Treated & Specialty: Health Anxiety, Anxiety, Body Dysmorphic Disorder, Emetophobia, Generalized Anxiety Disorder (GAD), Intrusive Thoughts, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias, Social Anxiety Disorder  
Treatment Methods: Exposure Therapy, Other, Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT)  
Payment Options: Accepts Some Insurance, Accepts Credit Cards, Accepts Cash and/or Checks, Accepts Medicare, Accepts Medicaid  
Address1: 5840 Ellsworth Ave  
Address2: Ste 100  
Website: <https://pittsburghtherapyocd.com>  
City: Pittsburgh  
State/Province: Pennsylvania  
Country: United States  
Degree: LCSW  
Email: [mike@pittsburghtherapyocd.com](mailto:mike@pittsburghtherapyocd.com)  
Office Phone: 4127751085  
Telehealth: Pennsylvania  
Cell Phone: 4127551085  
Professional focus: Social Worker

#### ABOUT

I am a therapist in private practice specializing in the treatment of Obsessive Compulsive Disorder (OCD) for teens and adults. I utilize a variety of evidence-based treatment approaches to individualize treatment for each client I work with, including Inference-Based Cognitive Behavioral Therapy or I-CBT, Exposure and Response Prevention, and Acceptance and Commitment Therapy.

#### TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)  
Cognitive Behavioral Therapy (CBT)  
Exposure Therapy  
Other

#### POPULATIONS TREATED

Adolescents/Teens  
Adults

#### DISORDERS AND SPECIALITIES

Anxiety  
Body Dysmorphic Disorder

Emetophobia  
Generalized Anxiety Disorder (GAD)  
Health Anxiety  
Intrusive Thoughts  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Phobias  
Social Anxiety Disorder

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#### PAYMENT OPTIONS

Accepts Cash and/or Checks  
Accepts Credit Cards  
Accepts Medicaid  
Accepts Medicare  
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.**

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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>