



Patrick McGrath

Zip Code: 60601

Zip Postal: 60601-7653

Language: English

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

Organization: NOCD

Treatment Options: Telehealth

Disorders Treated & Specialty: Depression, Agoraphobia, Anxiety, Generalized Anxiety Disorder (GAD), Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), School Refusal, Social Anxiety Disorder, Trauma

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

Payment Options: Accepts Some Insurance, Accepts Credit Cards, Accepts Cash and/or Checks

Address1: 225 N Michigan Ave

Address2: Ste 1430

Website: <https://www.nocd.com>

City: Chicago

State/Province: Illinois

Country: United States

Degree: PhD

Preferred Pronouns: he/him/his

Email: patrickmcgrath@nocdhelp.com

Office Phone: 3127666780

Telehealth: Illinois, Michigan, Missouri

Cell Phone: 6303014668

Professional focus: Psychologist

ABOUT

NOCD is an on-line platform for the treatment of OCD. We provide teletherapy for OCD and related conditions like BFRBs, Tics, and Hoarding. Our therapists are also trained to support our therapy Members for co-occurring conditions as well. To get started, please go to [NOCD.com](https://www.nocd.com) and schedule a free 15 minute call with one of our care advisors.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

Medication Referral

POPULATIONS TREATED

Adolescents/Teens

Adults

Children

Couples

Families

LGBTQI

Seniors

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Depression
Generalized Anxiety Disorder (GAD)
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Posttraumatic Stress Disorder (PTSD)
School Refusal
Social Anxiety Disorder
Trauma

PAYMENT OPTIONS

Accepts Cash and/or Checks
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>