



Phoebe Manchester

Zip Code: 03755

Zip Postal: 03755-2163

Language: English

Populations Treated: Adolescents/Teens, Adults, Families

Organization: Treadwell Counseling, PLLC

Treatment Options: In Office, Telehealth, Phone Consultations

Disorders Treated & Specialty: Separation Anxiety, Social Anxiety Disorder, Trichotillomania, School Refusal, Agoraphobia, Anxiety, Body Focused Repetitive Behaviors, Depression, Generalized Anxiety Disorder (GAD), Intrusive Thoughts, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias

Treatment Methods: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Exposure Therapy

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

Address1: 12 South Street

Address2: Ste 2D

Website: <https://treadwellcounseling.com>

City: Hanover

State/Providence: New Hampshire

Country: United States

Degree: MS, NCC, Others

Email: phoebe@treadwellcounseling.com

Office Phone: 6032760721

Telehealth: Vermont, Florida, Massachusetts, New Hampshire

Cell Phone: 6037318596

Professional focus: Counselor

ABOUT

My practice is focused on treating anxiety and obsessive-compulsive disorders utilizing CBT, ERP, ACT, and inference based therapy (IBT). I also work with athletes seeking to maximize their athletic performance with mental skills training.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

POPULATIONS TREATED

Adolescents/Teens

Adults

Families

DISORDERS AND SPECIALITIES

Agoraphobia

Anxiety
Body Focused Repetitive Behaviors
Depression
Generalized Anxiety Disorder (GAD)
Intrusive Thoughts
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Phobias
School Refusal
Separation Anxiety
Social Anxiety Disorder
Trichotillomania

PAYMENT OPTIONS

Accepts Cash and/or Checks
Accepts Credit Cards



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>