



**Roseann Capanna-Hodge**

Zip Code: 06877

Zip Postal: 06877-2831

Language: Italian

Populations Treated: Children, Adolescents/Teens, Adults

Organization: Dr. Roseann Capanna-Hodge, LLC

Treatment Options: Group Therapy, In Office, Telehealth, Inpatient, Phone Consultations

Disorders Treated & Specialty: Social Anxiety Disorder, Tourette's Syndrome, Other, Separation Anxiety, Autism Spectrum Disorder, Anxiety, Attention-Deficit/Hyperactivity Disorder, Bipolar Disorder, Body Focused Repetitive Behaviors, Depression, Developmental Disorders, Emotional Disturbance, Generalized Anxiety Disorder (GAD), Misophonia, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Selective Mutism Disorder, School Refusal

Treatment Methods: Other, Alternative Therapies, Cognitive Behavioral Therapy (CBT), Exposure Therapy, Intensive Exposure Therapy Protocols, Mindfulness, Telemental Health

Payment Options: Accepts Credit Cards

Address1: 898 Ethan Allen Hwy

Address2: Ste 7

Website: <http://www.drroseann.com>

City: Ridgefield

State/Providence: Connecticut

Country: United States

Degree: PhD

Preferred Pronouns: she/her/hers

Email: [info@drroseann.com](mailto:info@drroseann.com)

Office Phone: 2034384848

Professional focus: Psychologist

## ABOUT

Founder of The Global Institute of Children's Mental Health and Dr. Roseann, LLC, who is, "Changing the way we view and treat children's mental health". She is known for teaching how to calm the brain in order to have a happy family and giving parents and organizations the keys to unlock the brain's potential. With her trademarked method, BrainBehaviorReset™, has helped thousands address the most challenging conditions such as ADHD, executive functioning, anxiety, OCD, mood, Lyme, and PANS/PANDAS using PROVEN holistic therapies. She is an author of three books including her most recent book, It's Gonna be OK!™ and is a media personality who is featured on dozens of media outlets. Dr. Roseann is a Connecticut Certified School Psychologist, a Licensed Professional Counselor (LPC), Certified Integrative Medicine Mental Health Provider (CMHIMP), and a Board Certified Neurofeedback Provider (BCN). She is a member of International Lyme and Associated Disease Society (ILADS). Dr. Roseann serves on the boards of the Northeast Regional Biofeedback Society and Epidemic Answers, and is a Lyme Connection Task Force Professional Advisor.

## TREATMENT APPROACH

Alternative Therapies

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

Mindfulness

Telemental Health

Other

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#### POPULATIONS TREATED

Adolescents/Teens  
Adults  
Children

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#### DISORDERS AND SPECIALITIES

Anxiety  
Attention-Deficit/Hyperactivity Disorder  
Autism Spectrum Disorder  
Bipolar Disorder  
Body Focused Repetitive Behaviors  
Depression  
Developmental Disorders  
Emotional Disturbance  
Generalized Anxiety Disorder (GAD)  
Misophonia  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
School Refusal  
Selective Mutism Disorder  
Separation Anxiety  
Social Anxiety Disorder  
Tourette's Syndrome  
Other

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#### PAYMENT OPTIONS

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.**

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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>