



Tess Richardson

Zip Code: 21211

Zip Postal: 21211

Language: English

Populations Treated: Adults

Treatment Options: In Office, Telehealth, Phone Consultations

Disorders Treated & Specialty: Stress, Trauma, Social Anxiety Disorder, Depression, Agoraphobia, Anxiety, Emetophobia, Generalized Anxiety Disorder (GAD), Hoarding, MDD, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias, Posttraumatic Stress Disorder (PTSD), Separation Anxiety

Treatment Methods: Cognitive Behavioral Therapy (CBT), EMDR, Exposure Therapy, Other

Payment Options: Accepts Credit Cards, Accepts Cash and/or Checks, Accepts Venmo/App-based Payment

Address1: 1014 W 36th St

Address2: #205

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

City: Baltimore

State/Province: Maryland

Degree: MS

Preferred Pronouns: she/her/hers

Email: trichardson@psychforwardcbt.com

Office Phone: 410 9418172

Telehealth: Maryland

Cell Phone: 4109418172

ABOUT

I specialize in providing evidence-based therapy that helps clients break free from anxiety, OCD, and trauma. Using proven approaches like CBT, CPT, EMDR, & exposure therapy, we'll take time to understand your unique challenges and set clear goals together.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

EMDR

Exposure Therapy

Other

POPULATIONS TREATED

Adults

DISORDERS AND SPECIALITIES

Agoraphobia

Anxiety

Depression

Emetophobia

Generalized Anxiety Disorder (GAD)
Hoarding
MDD
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Phobias
Posttraumatic Stress Disorder (PTSD)
Separation Anxiety
Social Anxiety Disorder
Stress
Trauma

PAYMENT OPTIONS

Accepts Cash and/or Checks
Accepts Credit Cards
Accepts Venmo/App-based Payment



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>