



**William Bowe**

Zip Code: 01060

Zip Postal: 01060

Language: English

Populations Treated: Children, Adolescents/Teens, Adults, Veterans

Organization: T.O.P. + Behavioral Health

Treatment Options: Home Visits, In Office, Telehealth

Disorders Treated & Specialty: Tourette's Syndrome, Social Anxiety Disorder, Emetophobia, Agoraphobia, Anxiety, Attention-Deficit/Hyperactivity Disorder, Depression, Generalized Anxiety Disorder (GAD), Grief, Health Anxiety, Hoarding, Intrusive Thoughts, MDD, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias, Posttraumatic Stress Disorder (PTSD), Sleep Disorders

Treatment Methods: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Cognitive Behavioral Therapy for Insomnia (CBT-I), Exposure Therapy, Intensive Exposure Therapy Protocols, Mindfulness

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

Address1: 100 King Street

Address2: Suite 203

City: Northampton

State/Providence: Massachusetts

Country: United States

Degree: PhD

Preferred Pronouns: he/him/his

Email: wmbowephd@gmail.com

Office Phone: 413-319-4200

Telehealth: Massachusetts

Cell Phone: 413-204-2502

Professional focus: Psychologist

## ABOUT

As a psychologist and the owner of T.O.P.+ Behavioral Health, I specialize in client-centered, evidence-based treatments for Tic disorders, Obsessive-Compulsive Disorder (OCD), Panic Disorder, plus many other concerns. My expertise includes Exposure & Response Prevention (ERP) for OCD; Habit Reversal Training (HRT) for Tourette Syndrome & Tic disorders; Prolonged Exposure (PE) for Posttraumatic Stress Disorder (PTSD); and Exposure Therapy and Cognitive Behavioral Therapy (CBT) for Social Anxiety Disorder, Generalized Anxiety Disorder, vomit (Emetophobia) & other Specific Phobias. Additional services offered include CBT for Hoarding Disorder, Depression, Adult ADHD and Insomnia. With a background that is also strongly rooted in Acceptance and Commitment Therapy (ACT) and Dialectical Behavior therapy (DBT), I regularly incorporate elements (e.g., mindfulness; acceptance strategies; self-compassion) from these into my approach.

My expertise in the aforementioned areas spans over fifteen years and thousands of hours providing care in various settings such as academic medical centers, OCD and anxiety specialty clinics, the Department of Veterans Affairs, and private practice. Relatedly, I have also served as a research therapist and assessor on several funded research trials related to many of the above clinical areas.

T.O.P.+ Behavioral Health offers services for adults, children, and adolescents, with treatment for children and adolescents limited to tic disorders (aged 6+) and OCD (aged 8+). Choose from in-office appointments in Northampton, MA, or telehealth from anywhere in Massachusetts. I am also pleased to offer appointments in the community (e.g., exposure sessions in community) as well as home visits. If you're ready to take the next step in managing your mental health, please contact me.

## TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Cognitive Behavioral Therapy for Insomnia (CBT-I)  
Exposure Therapy  
Intensive Exposure Therapy Protocols  
Mindfulness

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#### POPULATIONS TREATED

Adolescents/Teens  
Adults  
Children  
Veterans

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#### DISORDERS AND SPECIALITIES

Agoraphobia  
Anxiety  
Attention-Deficit/Hyperactivity Disorder  
Depression  
Emetophobia  
Generalized Anxiety Disorder (GAD)  
Grief  
Health Anxiety  
Hoarding  
Intrusive Thoughts  
MDD  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Phobias  
Posttraumatic Stress Disorder (PTSD)  
Sleep Disorders  
Social Anxiety Disorder  
Tourette's Syndrome

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#### 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.**

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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>