



Alicia Meuret

Zip Code: 75275

Zip Postal: 75275-0442

Language: English, German

Populations Treated: Adolescents/Teens, Adults

Organization: Southern Methodist University

Treatment Options: In Office, Telehealth, Phone Consultations

Disorders Treated & Specialty: Social Anxiety Disorder, Stress, Suicidal Ideation, Trauma, Self-Harm, Anxiety, Agoraphobia, Depression, Emetophobia, Emotional Disturbance, Generalized Anxiety Disorder (GAD), Health Anxiety, Hoarding, Intrusive Thoughts, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias, Posttraumatic Stress Disorder (PTSD)

Treatment Methods: Telemental Health, Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Exposure Therapy, Intensive Exposure Therapy Protocols, Mindfulness

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

Address1: PO Box 750442

Website: <https://www.aliciameuretphd.net/>

City: Dallas

State/Province: Texas

Country: United States

Degree: PhD

Email: ameuret@smu.edu

Office Phone: 2147683422

Telehealth: Indiana, Texas

Professional focus: Researcher, Psychologist

ABOUT

Prof. Dr. Alicia E. Meuret, Ph.D., is a Licensed Psychologist with the Texas State Board of Examiners of Psychologists and the Director of the Anxiety and Depression Research Center (ARC) at SMU. She is a tenured professor in the clinical psychology division of the Department of Psychology at SMU. Dr. Meuret completed her doctoral studies at Stanford University's Department of Psychiatry and Behavioral Sciences and her postdoctoral studies at the Affective Neuroscience Laboratory at Harvard University and the Center for Anxiety and Related Disorders at Boston University. Her research program focuses on novel treatment approaches for anxiety and mood disorders (with a focus on low positive affect/anhedonia), biomarkers in anxiety disorders and chronic disease (asthma), fear extinction mechanisms of exposure therapy, and mediators and moderators in individuals with affective dysregulations, including non-suicidal self-injury and reward hyposensitivity (anhedonia). Dr. Meuret is the founder of Capnometry-Assisted Respiratory Training (CART). Dr. Meuret has published over 100 scientific publications and has received ongoing funding for her work from the National Institutes of Health and other funding agencies (>\$10 M), including NIH R01, U, and R61/33 grants. Additionally, she has authored over 200 presentations at scientific conferences, including invited talks, keynote and plenary addresses, and psychiatry grand rounds. Dr. Meuret serves on several NIH reviews and on federal and scientific expert advisory boards. She was president of the International Society of the Advancement of Respiratory Psychophysiology (ISARP) and is a member of the American Psychological Association (APA), Anxiety and Depression Association of America (ADAA), Psychiatric Research Society, Association of Behavioral and Cognitive Therapy (Fellow status), and ISARP. Dr. Meuret has received multiple honors for her work, including from the ADAA, the Psychiatric Research Society, and the American Psychosomatic Society. Dr. Meuret is the 2024 Chair of the Scientific Advisory Board and Board member (ex officio) of the Anxiety and Depression Association of America and was the past president of ISARP and the Anxiety Disorders Special Interest Group at the Association for Behavioral and Cognitive Therapies. She served as a technical expert for the Agency for Healthcare Research and Quality Effective Health Care Program and DSMB chair at UTSW for psychopharmacological studies. Dr. Meuret is a 2014 Beck Institute Fellow and a 2018 Rotunda SMU Outstanding Professor. Dr. Meuret serves on eight editorial boards, is a current guest editor for Behavior Research and Therapy, and was an Associate Editor for the journal Behavior Therapy and guest editor for the International Journal of Psychophysiology. Dr. Meuret actively fosters female leadership representation, chairing academic society career development leadership programs, including the ADAA Alies Muskin Career Development Leadership (CDLP) Program. Media interviews,

podcasts, and publications featuring Dr. Meuret's work include NPR, the Wall Street Journal, the New York Times, Time Magazine, the Huffington Post, the Department of Health and Human Services, and the Atlantic.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)
Cognitive Behavioral Therapy (CBT)
Exposure Therapy
Intensive Exposure Therapy Protocols
Mindfulness
Telemental Health

POPULATIONS TREATED

Adolescents/Teens
Adults

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Depression
Emetophobia
Emotional Disturbance
Generalized Anxiety Disorder (GAD)
Health Anxiety
Hoarding
Intrusive Thoughts
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Phobias
Posttraumatic Stress Disorder (PTSD)
Self-Harm
Social Anxiety Disorder
Stress
Suicidal Ideation
Trauma

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>