



**Andrea Biel**

---

Zip Code: 20015  
Zip Postal: 20015  
Language: English  
Populations Treated: Adults, Adolescents/Teens  
Organization: The Ross Center for Anxiety & Related Disorders  
Disorders Treated & Specialty: Trauma, Stress, Social Anxiety Disorder, Posttraumatic Stress Disorder (PTSD), Panic Attacks/Panic Disorder, Health Anxiety, Grief, Generalized Anxiety Disorder (GAD), Depression, Bipolar Disorder, Anxiety  
Treatment Methods: Other, Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT)  
Payment Options: Sliding Scale, Accepts Credit Cards  
Address1: 5225 Wisconsin Ave NW  
Address2: Ste 400  
City: Washington  
State/Province: District of Columbia  
Country: United States  
Degree: PSYD  
Preferred Pronouns: she/her/hers  
Email: abielpsyd@gmail.com  
Office Phone: (202) 363-1010 ext. 186  
Professional focus: Psychologist

---

#### ABOUT

Dr. Andrea Biel is a licensed clinical psychologist committed to treating young adults and adults through individual therapy. Dr. Biel specializes in working with those who are experiencing difficulties related to anxiety, depression, interpersonal/relationship issues, identity concerns, family of origin concerns, trauma, and grief/bereavement. Dr. Biel values the coordination of care that is often required to achieve holistic wellness. Thus, she works with clients and other clinicians to provide integrated, quality care.

---

#### TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)  
Cognitive Behavioral Therapy (CBT)  
Other

---

#### POPULATIONS TREATED

Adolescents/Teens  
Adults

---

#### DISORDERS AND SPECIALITIES

Anxiety  
Bipolar Disorder  
Depression  
Generalized Anxiety Disorder (GAD)

Grief  
Health Anxiety  
Panic Attacks/Panic Disorder  
Posttraumatic Stress Disorder (PTSD)  
Social Anxiety Disorder  
Stress  
Trauma

---

#### PAYMENT OPTIONS

Accepts Credit Cards  
Sliding Scale



## 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](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>