



Arlene Gerson

Zip Code: 21042

Zip Postal: 21042-2600

Language: English

Populations Treated: Children, Adolescents/Teens, Families

Organization: Gerson Behavioral Health

Treatment Options: Home Visits, In Office, Telehealth, Phone Consultations

Disorders Treated & Specialty: Separation Anxiety, Social Anxiety Disorder, Stress, Selective Mutism Disorder, Behavioral Issues, Anxiety, Attention-Deficit/Hyperactivity Disorder, Autism Spectrum Disorder, Chronic Illness, Depression, Emetophobia, Family Conflict, Generalized Anxiety Disorder (GAD), Grief, Health Anxiety, Intrusive Thoughts, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias

Treatment Methods: Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Exposure Therapy, Mindfulness, Telemental Health

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

Address1: 3355 Saint Johns Ln

Address2: Ste F

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

City: Ellicott City

State/Providence: Maryland

Country: United States

Degree: PhD

Preferred Pronouns: she/her/hers

Email: arlene.gerson@gmail.com

Office Phone: 443-827-3175

Telehealth: Maryland

Cell Phone: 443-827-3175

Professional focus: Psychologist

ABOUT

Dr. Gerson is a Clinical Psychologist and is licensed in Maryland. She also has authorization to provide Telehealth services to patients in PSYPACT states/jurisdictions. She has over 25 years of experience treating children, adolescents and young adults. She specializes in treating anxiety and ADHD. She is considered an expert in providing Cognitive Behavior Therapy (CBT) for anxiety.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

Mindfulness

Telemental Health

POPULATIONS TREATED

Adolescents/Teens

Children

Families

DISORDERS AND SPECIALITIES

Anxiety
Attention-Deficit/Hyperactivity Disorder
Autism Spectrum Disorder
Behavioral Issues
Chronic Illness
Depression
Emetophobia
Family Conflict
Generalized Anxiety Disorder (GAD)
Grief
Health Anxiety
Intrusive Thoughts
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Phobias
Selective Mutism Disorder
Separation Anxiety
Social Anxiety Disorder
Stress

PAYMENT OPTIONS

Accepts Cash and/or Checks
Accepts Credit Cards
Accepts Some Insurance



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>