



**Beth Giurelli**

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Zip Code: 06033  
Zip Postal: 06033  
Language: English  
Populations Treated: Adults  
Organization: Dr. Beth Giurelli PsyD LLC  
Treatment Options: In Office, Telehealth, Phone Consultations  
Disorders Treated & Specialty: Social Anxiety Disorder, Stress, Posttraumatic Stress Disorder (PTSD), Anxiety, Generalized Anxiety Disorder (GAD), Health Anxiety, Hoarding, Intrusive Thoughts, Irritable Bowel Syndrome (IBS), Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias  
Treatment Methods: Cognitive Behavioral Therapy (CBT), Exposure Therapy, Mindfulness, Telemental Health  
Payment Options: Accepts Some Insurance, Accepts Cash and/or Checks  
Address1: 131 Oak Street  
Address2: Ste 4  
Website: <http://www.drbethgiurelli.com>  
City: Glastonbury  
State/Providence: Connecticut  
Country: United States  
Home Email: [drgiurelli@cox.net](mailto:drgiurelli@cox.net)  
Degree: PSYD  
Email: [drgiurelli@cox.net](mailto:drgiurelli@cox.net)  
Office Phone: (860) 918-0960  
Telehealth: Connecticut, Massachusetts  
Professional focus: Psychologist

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#### ABOUT

Clinical Psychologist licensed in CT and MA, specializing in treatment of the full range of anxiety problems for adults. Treatment includes cognitive, behavioral, narrative and relaxation therapies, as well as a focus on strengths in overcoming problems. Treatment is respectful, collaborative and customized. PsyPact certified - can see clients in PsyPact states through telehealth. Please see website for more information [www.drbethgiurelli.com](http://www.drbethgiurelli.com)

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#### TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)  
Exposure Therapy  
Mindfulness  
Telemental Health

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#### POPULATIONS TREATED

Adults

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#### DISORDERS AND SPECIALITIES

Anxiety  
Generalized Anxiety Disorder (GAD)  
Health Anxiety  
Hoarding  
Intrusive Thoughts  
Irritable Bowel Syndrome (IBS)  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Phobias  
Posttraumatic Stress Disorder (PTSD)  
Social Anxiety Disorder  
Stress

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#### PAYMENT OPTIONS

Accepts Cash and/or Checks  
Accepts Some Insurance



#### ABOUT ANXIETY & DEPRESSION ASSOCIATION (ADAA)

*ADAA's Find Your Therapist Directory connects YOU with licensed mental health professionals/counselors, with clinical licenses and who have expertise in anxiety, depression, OCD, PTSD, and co-occurring disorders.*

*We are increasing the number of mental health professionals listed. We also list ADAA members who work for behavioral health clinics.*

*If you cannot find a therapist, contact your medical provider, your insurance company, or other lists of licensed mental health professionals.*

*Please note that US clinicians are not able to see clients outside of the US due to licensing restrictions.*

*Please note that clinicians in the directory who do not state that they participate in an insurance plan do not take 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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*For the ADAA mental health professionals, this directory also helps you connect with potential patients. To join the directory, contact [membership@adaa.org](mailto:membership@adaa.org).*

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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 Chose 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 Depression, MDD, PTSD, OCD and Suicide**

<https://adaa.org/resources-news/from-adaa-experts/videos>

**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 Support Community**

<https://adaa.org/find-help/support>

**Meet ADAA's Institutional Members**

<https://adaa.org/professionals/Institutional-Memberships>

**For Therapists: Watch ADAA's Find Your Therapist Video**

<https://youtu.be/Eq3zOzbfGoU>