



Beth Patterson

Zip Code: L8S 1B7

Zip Postal: L8S 1B7

Language: English

Populations Treated: Adults, Seniors, LGBTQI, Adolescents/Teens, Children

Organization: McMaster University

Treatment Options: Home Visits

Disorders Treated & Specialty: Body Dysmorphic Disorder, Agoraphobia, Anxiety, Attention-Deficit/Hyperactivity Disorder, Depression, Hoarding, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Trauma, Trichotillomania

Treatment Methods: Cognitive Behavioral Therapy (CBT), Exposure Therapy, Medication Referral, Mindfulness

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

Address1: Center for Anxiety, Attention Deficit and Trauma

Address2: 1057 Main St. W, Suite L02

Website: <http://anxietyaddtreatment.com>

City: Hamilton

State/Province: Ontario

Country: Canada

Degree: MSc

Preferred Pronouns: she/her/hers

Email: bpatter@mcmaster.ca

Office Phone: (289) 396-4242

Professional focus: Researcher, Counselor

ABOUT

Through the Centre for Anxiety, Attention Deficit and Trauma, I provide CBT for anxiety disorders, OCD, PTSD as well as ADHD. We offer individual and group treatment. My position at McMaster University involves research in the field of anxiety and related disorders such as depression, OCD, ADHD and problematic internet use.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Medication Referral

Mindfulness

POPULATIONS TREATED

Adolescents/Teens

Adults

Children

LGBTQI

Seniors

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Attention-Deficit/Hyperactivity Disorder
Body Dysmorphic Disorder
Depression
Hoarding
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Posttraumatic Stress Disorder (PTSD)
Trauma
Trichotillomania

PAYMENT OPTIONS

Accepts Cash and/or Checks
Accepts Credit Cards



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.

For the ADAA mental health professionals, this directory also helps you connect with potential patients. To join the directory, contact membership@adaa.org.

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 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

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>