



**Betty Horng**

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Zip Code: 33701  
Zip Postal: 33701-4748  
Language: English  
Populations Treated: Adolescents/Teens, Adults  
Organization: University of South Florida  
Treatment Options: Telehealth, In Office  
Disorders Treated & Specialty: Trichotillomania, Selective Mutism Disorder, Panic Attacks/Panic Disorder, Obsessive Compulsive Disorder (OCD), Hoarding, Body Dysmorphic Disorder, Anxiety, Agoraphobia  
Treatment Methods: Intensive Exposure Therapy Protocols, Exposure Therapy, Cognitive Behavioral Therapy (CBT)  
Payment Options: Accepts Credit Cards  
Address1: 601 7th St S  
Address2: Ste 425  
Website: <http://health.usf.edu/medicine/pediatrics/rothman>  
City: St Petersburg  
State/Providence: Florida  
Country: United States  
Degree: PhD  
Preferred Pronouns: she/her/hers  
Email: [bhorng@usf.edu](mailto:bhorng@usf.edu)  
Office Phone: 727-767-8230  
Telehealth: Florida  
Professional focus: Psychologist

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#### ABOUT

Dr. Horng is a Clinical Associate Professor with the University of South Florida and Licensed Clinical Psychologist. She specializes in the use of cognitive-behavioral therapy to treat obsessive-compulsive disorder, as well as other primary anxiety disorders such as social phobia, panic disorder, and generalized anxiety disorder. She earned her PhD in Clinical Psychology from Binghamton University (a State University of New York). Dr. Horng completed her internship at the Geisinger Medical Center in Danville, PA, followed by a two-year, post-doctoral fellowship at the St. Louis Behavioral Medicine Institute in which she acquired specialized training in the treatment of anxiety disorders in an intensive outpatient setting.

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#### TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)  
Exposure Therapy  
Intensive Exposure Therapy Protocols

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#### POPULATIONS TREATED

Adolescents/Teens  
Adults

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#### DISORDERS AND SPECIALITIES

Agoraphobia  
Anxiety  
Body Dysmorphic Disorder  
Hoarding  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Selective Mutism Disorder  
Trichotillomania

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#### PAYMENT OPTIONS

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.

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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>