



**Brian Moran**

Zip Code: 19477

Zip Postal: 19477

Language: English

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

**Treatment Options:** Phone Consultations, Telehealth, In Office

**Disorders Treated & Specialty:** Obsessive Compulsive Disorder (OCD), Trauma, Substance Abuse, Social Anxiety Disorder, Separation Anxiety, Posttraumatic Stress Disorder (PTSD), Panic Attacks/Panic Disorder, Hoarding, Generalized Anxiety Disorder (GAD), Eating Disorders, Depression, Body Dysmorphic Disorder, Bipolar Disorder, Anxiety, Agoraphobia

**Treatment Methods:** Mindfulness, Exposure Therapy, Compassion-Focused Therapy, Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT)

**Payment Options:** None

**Address1:** 1121 Bethlehem Pike

**Address2:** Ste 60

**Website:** <http://www.drbrbriananxietyocd.com>

**City:** Spring House

**State/Providence:** Pennsylvania

**Country:** United States

**Degree:** PSYD

**Email:** [brian@drbriananxietyocd.com](mailto:brian@drbriananxietyocd.com)

**Office Phone:** 2155325024

**Telehealth:** Colorado, Kentucky, Kansas, Indiana, Illinois, Idaho, Georgia, District of Columbia, Delaware, Connecticut, Maine, Arkansas, Arizona, Alabama, Ohio, Wisconsin, West Virginia, Washington, Virginia, Utah, Texas, Tennessee, Pennsylvania, Oklahoma, North Carolina, New Jersey, New Hampshire, Nevada, Nebraska, Missouri, Minnesota, Maryland

**Cell Phone:** 215-532-5024

**Professional focus:** Psychologist

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## ABOUT

I specialize in providing evidence-based treatments for adolescents and adults struggling with OCD, OCD Spectrum Disorders, and anxiety disorders. Over 80% of my clients have been diagnosed with OCD or OCD Spectrum Disorders. I enjoy treating all types of OCD. I have a particular interest in helping people develop more self-compassion, soften self-critical tendencies, and develop a more flexible relationship with their thoughts and feelings. I enjoy collaborating with schools, other providers, and families.

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## TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Compassion-Focused Therapy

Exposure Therapy

Mindfulness

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## POPULATIONS TREATED

Adolescents/Teens

Adults

Children  
Families  
LGBTQI  
Seniors

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#### DISORDERS AND SPECIALITIES

Agoraphobia  
Anxiety  
Bipolar Disorder  
Body Dysmorphic Disorder  
Depression  
Eating Disorders  
Generalized Anxiety Disorder (GAD)  
Hoarding  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Posttraumatic Stress Disorder (PTSD)  
Separation Anxiety  
Social Anxiety Disorder  
Substance Abuse  
Trauma

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#### PAYMENT OPTIONS

None



## 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.**

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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 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>