



Gail Quick

Zip Code: 23226

Zip Postal: 23226-2443

Language: English

Populations Treated: Adults, Adolescents/Teens, Children

Disorders Treated & Specialty: Separation Anxiety, School Refusal, Obsessive Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), Body Focused Repetitive Behaviors, Body Dysmorphic Disorder, Attention-Deficit/Hyperactivity Disorder, Anxiety, Agoraphobia, Social Anxiety Disorder, Trichotillomania, Tourette's Syndrome

Treatment Methods: Exposure Therapy, Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT)

Payment Options: Accepts Medicare, Accepts Credit Cards, Accepts Some Insurance

Address1: 2008 Bremo Rd

Address2: Ste 103

City: Richmond

State/Province: Virginia

Country: United States

Home Email: gquick@gailquickphd.com

Degree: PhD

Preferred Pronouns: she/her/hers

Email: gquick@gailquickphd.com

Office Phone: 804 223-0566

Telehealth: Wyoming, Wisconsin, West Virginia, Washington, Virginia, Vermont, Utah, Texas, Tennessee, South Dakota, South Carolina, Rhode Island, Delaware, Kentucky, Kansas, Iowa, Indiana, Illinois, Idaho, Hawaii, Georgia, Florida, District of Columbia, Louisiana, Connecticut, Colorado, California, Arkansas, Arizona, Alaska, Alabama, Nevada, Pennsylvania, Oregon, Oklahoma, Ohio, North Dakota, North Carolina, New York, New Mexico, New Jersey, New Hampshire, Nebraska, Montana, Missouri, Mississippi, Minnesota, Michigan, Massachusetts, Maryland, Maine

Cell Phone: 804 223-0566

Professional focus: Psychologist

ABOUT

I work with children, adolescents, and adults and specialize in the treatment of anxiety disorders and OCD. I use evidence-based treatments including ERP to help my clients make meaningful changes in their lives.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

POPULATIONS TREATED

Adolescents/Teens

Adults

Children

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Attention-Deficit/Hyperactivity Disorder
Body Dysmorphic Disorder
Body Focused Repetitive Behaviors
Generalized Anxiety Disorder (GAD)
Obsessive Compulsive Disorder (OCD)
School Refusal
Separation Anxiety
Social Anxiety Disorder
Tourette's Syndrome
Trichotillomania

PAYMENT OPTIONS

Accepts Credit Cards
Accepts Medicare
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.

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>