



Hannah Breckenridge

Zip Code: 20850
Zip Postal: 20850
Language: English
Populations Treated: Children, Adolescents/Teens, Adults
Organization: OCD DC
Treatment Options: Home Visits, Phone Consultations
Disorders Treated & Specialty: Specific Phobias, Social Anxiety Disorder, Agoraphobia, Anxiety, Attention-Deficit/Hyperactivity Disorder, Autism Spectrum Disorder, Generalized Anxiety Disorder (GAD), Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, School Refusal, Separation Anxiety
Treatment Methods: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Exposure Therapy, Mindfulness, Other
Payment Options: Accepts Credit Cards
Address1: 1104 Carnation Drive
Website: <http://www.oed-dc.com>
City: Rockville
State/Province: Maryland
Country: United States
Degree: LCSW, LICSW, MSW
Preferred Pronouns: she/her/hers
Email: hannah@oed-dc.com
Office Phone: 6183581
Telehealth: District of Columbia, Maryland, Virginia
Cell Phone: 2404013853
Professional focus: Social Worker

ABOUT

Licensed in Maryland, DC, and Virginia. Outpatient therapy for individuals struggling with OCD and/or Anxiety. Additional specialty in working with Autistic individuals with OCD and/or Anxiety. Intensive options available on case-by-case basis.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)
Cognitive Behavioral Therapy (CBT)
Exposure Therapy
Mindfulness
Other

POPULATIONS TREATED

Adolescents/Teens
Adults
Children

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Attention-Deficit/Hyperactivity Disorder
Autism Spectrum Disorder
Generalized Anxiety Disorder (GAD)
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
School Refusal
Separation Anxiety
Social Anxiety Disorder
Specific Phobias

PAYMENT OPTIONS

Accepts Credit Cards



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.

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 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

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>