



**Jessica Samson**

Zip Code: 20815  
Zip Postal: 20815  
Language: English  
Populations Treated: Adults, Adolescents/Teens, Children  
Organization: Jessica Samson PsyD and Associates, LLC  
Treatment Options: In Office, Telehealth  
Disorders Treated & Specialty: Anxiety, Attention-Deficit/Hyperactivity Disorder, Generalized Anxiety Disorder (GAD), Obsessive Compulsive Disorder (OCD), Social Anxiety Disorder, Specific Phobias, Tourette's Syndrome, Trichotillomania  
Treatment Methods: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Exposure Therapy  
Payment Options: Accepts Credit Cards, Accepts Cash and/or Checks  
Address1: 5530 Wisconsin Ave  
Address2: Suite 1528  
Website: <http://www.drjessicasamsonpsyd.com>  
City: Chevy Chase  
State/Providence: Maryland  
Country: United States  
Degree: PSYD  
Preferred Pronouns: she/her/hers  
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Office Phone: 240-780-8247  
Telehealth: District of Columbia, Maryland  
Cell Phone: 410-456-6471  
Professional focus: Psychologist

#### TREATMENT APPROACH

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

#### POPULATIONS TREATED

Adolescents/Teens  
Adults  
Children

#### DISORDERS AND SPECIALITIES

Anxiety  
Attention-Deficit/Hyperactivity Disorder  
Generalized Anxiety Disorder (GAD)  
Obsessive Compulsive Disorder (OCD)  
Social Anxiety Disorder  
Specific Phobias  
Tourette's Syndrome

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.

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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>