



**Jonathan Dalton**

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Zip Code: 20850

Zip Postal: 20850-4248

Language: English

Populations Treated: Children, Adolescents/Teens, Adults

Organization: Center for Anxiety & Behavioral Change

Disorders Treated & Specialty: Selective Mutism Disorder, Posttraumatic Stress Disorder (PTSD), Anxiety, Attention-Deficit/Hyperactivity Disorder, Autism Spectrum Disorder, Bipolar Disorder, Body Dysmorphic Disorder, Depression, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder

Treatment Methods: Cognitive Behavioral Therapy (CBT), Exposure Therapy, Intensive Exposure Therapy Protocols, Mindfulness

Payment Options: Accepts Credit Cards

Address1: 50 W Montgomery Ave

Address2: Ste 110

Website: <http://www.changeanxiety.com>

City: Rockville

State/Province: Maryland

Country: United States

Degree: PhD

Preferred Pronouns: he/him/his

Email: [drjdalton@gmail.com](mailto:drjdalton@gmail.com)

Office Phone: (301) 610-7850

Telehealth: District of Columbia, Maryland, New York, Pennsylvania, Virginia, Washington

Professional focus: Psychologist

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## ABOUT

Dr. Dalton is a licensed psychologist and the Director of the Center for Anxiety and Behavioral Change. He specializes in the treatment of children, adolescents, and adults who are experiencing anxiety and behavioral disorders. He has particular expertise in the treatment of anxiety-based school refusal and Social Phobia (Social Anxiety Disorder). Dr. Dalton graduated from Villanova University with a B.A. in psychology, received his M.A. in psychology from The Catholic University of America, and his Ph.D. in clinical psychology from Fordham University. He completed his predoctoral internship at Kennedy Krieger Institute/Johns Hopkins School of Medicine and a postdoctoral fellowship at the Maryland Center for Anxiety Disorders at The University of Maryland. From 2005 to 2011, he directed the Social Anxiety Treatment Program and the School Refusal Treatment Program at the Behavior Therapy Center of Greater Washington. Dr. Dalton is also a frequent presenter to professional and community organizations and has provided training to over one thousand mental health professionals in the techniques he utilizes to treat clients suffering from mental health disorders

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## TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

Mindfulness

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## POPULATIONS TREATED

Adolescents/Teens

Adults  
Children

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#### DISORDERS AND SPECIALITIES

Anxiety  
Attention-Deficit/Hyperactivity Disorder  
Autism Spectrum Disorder  
Bipolar Disorder  
Body Dysmorphic Disorder  
Depression  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Posttraumatic Stress Disorder (PTSD)  
Selective Mutism Disorder

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#### 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.**

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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>