



**Jonathan Hershfield**

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Zip Code: 21204  
Zip Postal: 21204-6872  
Language: English  
Populations Treated: Adults, Adolescents/Teens  
Organization: The Center for OCD and Anxiety at Sheppard Pratt  
Treatment Options: Group Therapy, In Office, Telehealth, Inpatient  
Disorders Treated & Specialty: Agoraphobia, Anxiety, Body Dysmorphic Disorder, Generalized Anxiety Disorder (GAD), Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Social Anxiety Disorder  
Treatment Methods: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Compassion-Focused Therapy, Dialectical Behavioral Therapy (DBT), Exposure Therapy, Intensive Exposure Therapy Protocols, Mindfulness  
Payment Options: Accepts Credit Cards  
Address1: 6501 N Charles St  
Website: <http://www.ocdbaltimore.com>  
City: TOWSON  
State/Providence: Maryland  
Country: United States  
Degree: LMFT, MA  
Preferred Pronouns: he/him/his  
Email: [jon.hershfield@sheppardpratt.org](mailto:jon.hershfield@sheppardpratt.org)  
Office Phone: (410) 927-5462  
Telehealth: Maryland  
Cell Phone: 443-608-7081  
Professional focus: Marriage and Family Therapist

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#### ABOUT

Jon Hershfield, MFT is a licensed psychotherapist and director of The Center for OCD and Anxiety at Sheppard Pratt ([www.ocdbaltimore.com](http://www.ocdbaltimore.com)). He is co-author of The Mindfulness Workbook for OCD and Everyday Mindfulness for OCD, and author of When a Family Member Has OCD, The OCD Workbook for Teens, and Overcoming Harm OCD.

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#### TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)  
Cognitive Behavioral Therapy (CBT)  
Compassion-Focused Therapy  
Dialectical Behavioral Therapy (DBT)  
Exposure Therapy  
Intensive Exposure Therapy Protocols  
Mindfulness

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#### POPULATIONS TREATED

Adolescents/Teens  
Adults

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#### DISORDERS AND SPECIALITIES

Agoraphobia  
Anxiety  
Body Dysmorphic Disorder  
Generalized Anxiety Disorder (GAD)  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Social Anxiety Disorder

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#### PAYMENT OPTIONS

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>