



**Kristin Bianchi**

Zip Code: 20850

Zip Postal: 20850-4248

Language: Spanish

Populations Treated: Adults, Seniors, LGBTQI, Adolescents/Teens

Organization: Center for Anxiety & Behavioral Change

Treatment Options: Home Visits, Phone Consultations

Disorders Treated & Specialty: Body Focused Repetitive Behaviors, Agoraphobia, Anxiety, Bipolar Disorder, Depression, Generalized Anxiety Disorder (GAD), Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Social Anxiety Disorder, Specific Phobias, Trauma, Trichotillomania

Treatment Methods: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Exposure Therapy, Intensive Exposure Therapy Protocols, Medication Referral

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

Home Email: [kristin.bianchi@gmail.com](mailto:kristin.bianchi@gmail.com)

Degree: PhD

Preferred Pronouns: she/her/hers

Email: [drbianchi@changeanxiety.com](mailto:drbianchi@changeanxiety.com)

Office Phone: 301-610-7850, x-7

Cell Phone: 4104562332

#### ABOUT

Dr. Bianchi provides clinical services to adults and adolescents, and specializes in the treatment of obsessive-compulsive spectrum disorders such as OCD, Trichotillomania (compulsive hair-pulling), and Excoriation Disorder (compulsive skin-picking). In addition to her areas of primary specialty, Dr. Bianchi has extensive experience treating Social Phobia, Generalized Anxiety Disorder, Panic Disorder, and Specific Phobias. She has a strong clinical interest in the intersection of fear, disgust, and shame in OCD and Anxiety Disorders. She is fluent in Spanish and enjoys working with members of Spanish-speaking communities in the United States and abroad.

#### TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

Medication Referral

#### POPULATIONS TREATED

Adolescents/Teens

Adults

LGBTQI  
Seniors

---

#### DISORDERS AND SPECIALITIES

Agoraphobia  
Anxiety  
Bipolar Disorder  
Body Focused Repetitive Behaviors  
Depression  
Generalized Anxiety Disorder (GAD)  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Posttraumatic Stress Disorder (PTSD)  
Social Anxiety Disorder  
Specific Phobias  
Trauma  
Trichotillomania

---

#### 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](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>