



Maggie Welling

Zip Code: 21230

Zip Postal: 21230

Language: English

Populations Treated: Children, Adolescents/Teens, Adults, BIPOC, People W/ Disabilities

Organization: HoneyB Wellness

Treatment Options: In Office, Telehealth

Disorders Treated & Specialty: Anger Management, Anxiety, Attention-Deficit/Hyperactivity Disorder, Behavioral Issues, Depression, Emotional Disturbance, Family Conflict, Generalized Anxiety Disorder (GAD), Intrusive Thoughts, MDD, Posttraumatic Stress Disorder (PTSD), Self-Harm, Social Anxiety Disorder, Stress, Suicidal Ideation, Trauma, Major Depressive Disorder

Treatment Methods: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Compassion-Focused Therapy, Mindfulness, Other

Payment Options: Accepts Some Insurance, Accepts Credit Cards

Website: <https://honeybwellness.com/home/team/maggie-welling/>

City: Baltimore

State/Providence: Maryland

Country: United States

Degree: LMSW, MSW

Preferred Pronouns: she/her/hers

Email: m.welling@honeybwellness.com

Telehealth: Maryland

Cell Phone: (202) 569-8120

Professional focus: Psychologist, Social Worker

ABOUT

I am an inclusive, down-to-earth therapist who will celebrate your authentic self. I create a trauma-informed, collaborative, and calming atmosphere. I incorporate elements from Psychodynamic Therapy, CBT, ACT, & Somatic Practices for a holistic therapeutic approach.

I specialize in anxiety, depression, trauma, ADHD, and sport psychology.

It is so important to me that I create a sense of humility and ease for you to be your authentic self, no more masking with me! My style allows us to see you as a whole, authentic person, while also regulating the nervous system, receiving grounding & emotional regulation techniques, self understanding, & getting out of stuck patterns/thoughts

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Compassion-Focused Therapy

Mindfulness

Other

POPULATIONS TREATED

Adolescents/Teens

Adults
BIPOC
Children
People W/ Disabilities

DISORDERS AND SPECIALITIES

Anger Management
Anxiety
Attention-Deficit/Hyperactivity Disorder
Behavioral Issues
Depression
Emotional Disturbance
Family Conflict
Generalized Anxiety Disorder (GAD)
Intrusive Thoughts
Major Depressive Disorder
MDD
Posttraumatic Stress Disorder (PTSD)
Self-Harm
Social Anxiety Disorder
Stress
Suicidal Ideation
Trauma

PAYMENT OPTIONS

Accepts Credit Cards
Accepts Some Insurance



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.

Know that you are not alone, and help is available. If you are in crisis call or text 988 for the Suicide & Crisis Lifeline.

For the ADAA mental health professionals, this directory also helps you connect with potential patients. To join the directory, contact membership@adaa.org.

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 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

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>