



**Melissa Murphy**

Zip Code: 20814

Zip Postal: 20814

Language: English

Populations Treated: Children, Adolescents/Teens, Adults, BIPOC, Couples, Families, LGBTQI, Veterans

Organization: Bethesda Therapy LLC

Treatment Options: Telehealth, Phone Consultations

Disorders Treated & Specialty: Trichotillomania, Anxiety, Attention-Deficit/Hyperactivity Disorder, Body Focused Repetitive Behaviors, Chronic Illness, Depression, Emetophobia, Generalized Anxiety Disorder (GAD), Health Anxiety, Intrusive Thoughts, LGBTQ+, MDD, Obsessive Compulsive Disorder (OCD), Phobias, Trauma

Treatment Methods: Telemental Health, Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), EMDR, Exposure Therapy

Payment Options: Accepts Some Insurance, Accepts Credit Cards

Address1: 4800 Hampden Lane

Address2: Suite 200

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

City: Bethesda

State/Province: Maryland

Country: United States

Degree: LCSW, LICSW, MSW

Email: [melissa@wearebethesdatherapy.com](mailto:melissa@wearebethesdatherapy.com)

Office Phone: 240.389.0027

Telehealth: District of Columbia, Florida, Maryland, South Carolina, Vermont, Virginia

Cell Phone: 2404412759

Professional focus: Social Worker

## ABOUT

Bethesda Therapy is a private psychotherapy group practice serving Maryland, Washington D.C., and Virginia. We specialize in individual therapy, couples therapy, family therapy, OCD & ERP, anxiety disorders, depression & mood disorders, ADHD, phobias, BFRBs, trauma/PTSD, and pelvic pain disorders. Our practice is rooted in a passion for evidence-based care, particularly Dialectical Behavior Therapy (DBT) and the treatment of Obsessive-Compulsive Disorder (OCD). This focus shapes our approach, ensuring that our services are grounded in thoughtful and effective strategies to help clients achieve meaningful change. We are dedicated to providing trauma-informed care, creating a safe and compassionate environment for all individuals. At Bethesda Therapy, our team of specialists focuses on treating OCD, anxiety disorders, depression, mood disorders, trauma, and life stressors. We offer evidence-based treatments, including Exposure and Response Prevention (ERP) and Inference-Based Cognitive Behavioral Therapy (I-CBT) for OCD. Additionally, we provide EMDR therapy and couples counseling, with particular expertise in supporting relationships impacted by OCD, anxiety, and ADHD. We also offer specialized Executive Functioning Coaching, supporting individuals with ADHD, educational advising, and related challenges. Our services are designed to support teens, adolescents, and adults, helping them navigate life's complexities with resilience and confidence.

## TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)

EMDR

Exposure Therapy

## Telemental Health

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### POPULATIONS TREATED

Adolescents/Teens  
Adults  
BIPOC  
Children  
Couples  
Families  
LGBTQI  
Veterans

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### DISORDERS AND SPECIALITIES

Anxiety  
Attention-Deficit/Hyperactivity Disorder  
Body Focused Repetitive Behaviors  
Chronic Illness  
Depression  
Emetophobia  
Generalized Anxiety Disorder (GAD)  
Health Anxiety  
Intrusive Thoughts  
LGBTQ+  
MDD  
Obsessive Compulsive Disorder (OCD)  
Phobias  
Trauma  
Trichotillomania

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### 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.*

*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>