



Michelle Peacock

Zip Code: 06830

Zip Postal: 06830-4862

Language: English

Populations Treated: Families, Couples, Seniors, Adults, Adolescents/Teens

Organization: Greenwich Psychology & Wellness

Treatment Options: Phone Consultations, Telehealth, In Office

Disorders Treated & Specialty: Obsessive Compulsive Disorder (OCD), Trauma, Substance Abuse, Social Anxiety Disorder, Posttraumatic Stress Disorder (PTSD), Panic Attacks/Panic Disorder, Generalized Anxiety Disorder (GAD), Eating Disorders, Depression, Body Dysmorphic Disorder, Attention-Deficit/Hyperactivity Disorder, Anxiety, Agoraphobia

Treatment Methods: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Other, Mindfulness, Medication Referral, Interpersonal Therapy (IPT), Exposure Therapy, Dialectical Behavioral Therapy (DBT), Compassion-Focused Therapy

Payment Options: Sliding Scale, Accepts Cash and/or Checks, Accepts Credit Cards

Address1: 522 E Putnam Ave

Address2: Ste 13

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

City: Greenwich

State/Province: Connecticut

Country: United States

Degree: PhD

Email: michelle@drmmichellepeacock.com

Office Phone: 2037420500

Telehealth: Wyoming, Wisconsin, West Virginia, Delaware, Maryland, Maine, Kentucky, Kansas, Indiana, Illinois, Idaho, Georgia, Florida, District of Columbia, Michigan, Connecticut, Colorado, Arkansas, Arizona, Alabama, Oklahoma, Washington, Virginia, Vermont, Utah, Texas, Tennessee, South Dakota, South Carolina, Rhode Island, Pennsylvania, Ohio, North Dakota, North Carolina, New Jersey, New Hampshire, Nevada, Nebraska, Missouri, Mississippi, Minnesota

Cell Phone: 2036093602

Professional focus: Psychologist

ABOUT

Together we will understand why you are feeling depressed and/or anxious and develop goals and a plan for you to heal. In addition to providing cognitive behavior therapy (CBT), exposure and response prevention (ERP), dialectical behavior therapy (DBT) and acceptance and commitment therapy (ACT), I also provide biofeedback technology that gives you concrete information to help facilitate your treatment.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Compassion-Focused Therapy

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

Interpersonal Therapy (IPT)

Medication Referral

Mindfulness

Other

POPULATIONS TREATED

Adolescents/Teens
Adults
Couples
Families
Seniors

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Attention-Deficit/Hyperactivity Disorder
Body Dysmorphic Disorder
Depression
Eating Disorders
Generalized Anxiety Disorder (GAD)
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Posttraumatic Stress Disorder (PTSD)
Social Anxiety Disorder
Substance Abuse
Trauma

PAYMENT OPTIONS

Accepts Cash and/or Checks
Accepts Credit Cards
Sliding Scale



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.

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 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

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>