



Nina Starin

Zip Code: 20852

Zip Postal: 20852-4265

Language: English

Populations Treated: Adults, Adolescents/Teens, Children

Organization: Alvord, Baker & Associates, LLC

Treatment Options: Telehealth, In Office, Group Therapy

Disorders Treated & Specialty: Generalized Anxiety Disorder (GAD), Stress, Social Anxiety Disorder, Separation Anxiety, School Refusal, Phobias, Panic Attacks/Panic Disorder, Obsessive Compulsive Disorder (OCD), Misophonia, MDD, Intrusive Thoughts, Trichotillomania, Emotional Disturbance, Emetophobia, Depression, Body Focused Repetitive Behaviors, Behavioral Issues, Attention-Deficit/Hyperactivity Disorder, Anxiety, Agoraphobia

Treatment Methods: Telemental Health, Exposure Therapy, Dialectical Behavioral Therapy (DBT), Cognitive Behavioral Therapy (CBT)

Payment Options: Accepts Credit Cards

Address1: 3200 Tower Oaks Blvd

Address2: Ste 200

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

City: Rockville

State/Providence: Maryland

Country: United States

Degree: PhD

Email: nshiffrrin@alvordbaker.com

Office Phone: 3015936554 ext 46

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

Cell Phone: 5857330273

Professional focus: Psychologist

ABOUT

I provide evidence based therapy including cognitive behavior therapy for anxiety and mood disorders across all ages, as well as parent management training.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

Telemental Health

POPULATIONS TREATED

Adolescents/Teens

Adults

Children

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Attention-Deficit/Hyperactivity Disorder
Behavioral Issues
Body Focused Repetitive Behaviors
Depression
Emetophobia
Emotional Disturbance
Generalized Anxiety Disorder (GAD)
Intrusive Thoughts
MDD
Misophonia
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Phobias
School Refusal
Separation Anxiety
Social Anxiety Disorder
Stress
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

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>