



Ryan Delapp

Zip Code: 20015

Zip Postal: 20015

Language: English

Populations Treated: Children, Adolescents/Teens, Adults, BIPOC

Organization: The Ross Center for Anxiety & Related Disorders

Treatment Options: Group Therapy, Telehealth, Phone Consultations

Disorders Treated & Specialty: School Refusal, Separation Anxiety, Social Anxiety Disorder, Stress, Trauma, Posttraumatic Stress Disorder (PTSD), Agoraphobia, Anger Management, Anxiety, Attention-Deficit/Hyperactivity Disorder, BIPOC, Depression, Generalized Anxiety Disorder (GAD), Health Anxiety, MDD, Panic Attacks/Panic Disorder, Phobias

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

Payment Options: Sliding Scale

Address1: 5225 Wisconsin Avenue NW, Suite 400

Website: <https://www.rosscenter.com/team/ryan-delapp-phd/>

City: Washington

State/Province: District of Columbia

Country: United States

Degree: PhD

Email: dr.ryandelapp@gmail.com

Office Phone: 3364148858

Telehealth: District of Columbia, Maryland, New York, Virginia

Professional focus: Psychologist

ABOUT

Dr. DeLapp specializes in treating individuals struggling with anxiety, phobias, panic disorder, ADHD, racial trauma and depression. He draws from evidence-based therapies including Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT) and Dialectical Behavioral Therapy (DBT). Dr DeLapp is widely recognized for his expertise in supporting minority individuals with healing from and learning to navigate cultural stressors within their lives and has developed a novel program called REACH (Racial, Ethnic, and Cultural Healing). The REACH Program adapts CBT and ACT treatments to help BIPOC individuals embrace and respect their cultural backgrounds and seeks to help teens and adults develop protective skills to alleviate the impact of cultural and racial stressors.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Telemental Health

POPULATIONS TREATED

Adolescents/Teens

Adults

BIPOC

Children

DISORDERS AND SPECIALITIES

Agoraphobia
Anger Management
Anxiety
Attention-Deficit/Hyperactivity Disorder
BIPOC
Depression
Generalized Anxiety Disorder (GAD)
Health Anxiety
MDD
Panic Attacks/Panic Disorder
Phobias
Posttraumatic Stress Disorder (PTSD)
School Refusal
Separation Anxiety
Social Anxiety Disorder
Stress
Trauma

PAYMENT OPTIONS

Sliding Scale



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>