



Ryan Schluter

Zip Code: 21046

Zip Postal: 21046

Language: English

Populations Treated: Adults, Adolescents/Teens, Children

Organization: East Coast CBT

Treatment Options: Telehealth, In Office, Group Therapy

Disorders Treated & Specialty: Depression, Trauma, Social Anxiety Disorder, Separation Anxiety, School Refusal, Posttraumatic Stress Disorder (PTSD), Panic Attacks/Panic Disorder, Obsessive Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), Family Conflict, Emotional Disturbance, Emetophobia, Trichotillomania, Body Focused Repetitive Behaviors, Body Dysmorphic Disorder, Bipolar Disorder, Behavioral Issues, Attention-Deficit/Hyperactivity Disorder, Anxiety, Anger Management, Agoraphobia

Treatment Methods: Telemental Health, Mindfulness, Exposure Therapy, Dialectical Behavioral Therapy (DBT), Cognitive Behavioral Therapy for Insomnia (CBT-I), Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT)

Payment Options: Accepts Credit Cards

Address1: 10015 Old Columbia Road

Address2: Ste B91

Website: <https://www.eastcoastcbt.com/>

City: Columbia

State/Province: Maryland

Country: United States

Degree: PSYD

Preferred Pronouns: he/him/his

Email: rschluter@eastcoastcbt.com

Office Phone: 4434726652

Telehealth: Wyoming, Wisconsin, Connecticut, Maryland, Maine, Kentucky, Kansas, Indiana, Illinois, Idaho, Georgia, Florida, District of Columbia, Delaware, Michigan, Colorado, Arkansas, Arizona, Alabama, Oklahoma, West Virginia, 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: 4434726652

Professional focus: Psychologist

ABOUT

Ryan Schluter, Psy.D. is a licensed clinical psychologist. He treats anxiety disorders (generalized anxiety disorder, social phobia, panic disorder, specific phobias), obsessive compulsive disorder, depressive disorders, and posttraumatic stress disorder. Dr. Schluter treats children, adolescents, and adults. Dr. Schluter's approach involves several Cognitive Behavioral Therapy treatments including: Exposure-based therapies (including Exposure and Response Prevention), Mindfulness, Cognitive Behavioral Therapy for Insomnia (CBT-I), Behavioral Activation, Motivational Interviewing (MI), Cognitive Processing Therapy (CPT), and Prolonged Exposure (PE). Dr. Schluter completed his doctorate at The Chicago School of Professional Psychology, Washington D.C. He completed a post-doctoral fellowship at the Mandala Center and a pre-doctoral internship at WellSpan Philhaven CBT, an APA accredited CBT and Primary Care Mental Health Integration (PCMHI) training program. Previously, he worked as a Licensed Clinical Professional Counselor (LCPC) and completed a master's program in counseling psychology at the University of Baltimore. He has worked with a diverse range of patients in a variety of healthcare settings including hospitals, psychiatric hospitals, community mental health clinics, private practices, and community healthcare organizations.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)
Cognitive Behavioral Therapy for Insomnia (CBT-I)
Dialectical Behavioral Therapy (DBT)
Exposure Therapy
Mindfulness
Telemental Health

POPULATIONS TREATED

Adolescents/Teens
Adults
Children

DISORDERS AND SPECIALITIES

Agoraphobia
Anger Management
Anxiety
Attention-Deficit/Hyperactivity Disorder
Behavioral Issues
Bipolar Disorder
Body Dysmorphic Disorder
Body Focused Repetitive Behaviors
Depression
Emetophobia
Emotional Disturbance
Family Conflict
Generalized Anxiety Disorder (GAD)
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Posttraumatic Stress Disorder (PTSD)
School Refusal
Separation Anxiety
Social Anxiety Disorder
Trauma
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>