Physicians and Psychiatrists

Psychiatrists:
M.D.: Doctor of Medicine (Psychiatrist) – a medical doctor specializing in mental health care. Psychiatrists can prescribe medication and some offer psychotherapy.

Tania Heller, M.D.
Phone: 301.530.0676
Address: Washington Center for Eating Disorders and Adolescent Obesity: 6410 Rockledge Drive, Suite 410 Bethesda, MD
Information: Tania Heller specializes in the treatment of individuals with anorexia and bulimia, athletes and compulsive exercisers, binge eating disorder, obsessive compulsive disorder, and body dysmorphic disorder; males and females, children, adolescents, and adults. She provides medication, individual, family, and group therapy as well as nutritional counseling and medical management.
Treatment Model: The Washington Center for Eating Disorders and Adolescent Obesity uses a cognitive behavioral and psychodynamic approach to treatment. Tania Heller works together with a team of healthcare providers including therapists, a registered dietitian, and exercise physiologist.
Worldview: She is willing to work within a Judeo-Christian perspective.
Insurance: She does not accept insurance.