



Catherine Pittman

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Zip Code: 46563

Zip Postal: 46563-7712

Populations Treated: LGBTQI, Adults

Organization: Saint Mary's College

Treatment Options: Phone Consultations

Disorders Treated & Specialty: Specific Phobias, Social Anxiety Disorder, Posttraumatic Stress Disorder (PTSD), Panic Attacks/Panic Disorder, Obsessive Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), Depression, Anxiety, Agoraphobia

Treatment Methods: Exposure Therapy, Mindfulness, Medication Referral, Dialectical Behavioral Therapy (DBT), Cognitive Behavioral Therapy (CBT)

Payment Options: Accepts Some Insurance, Accepts Credit Cards

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ABOUT

As an affiliate of Roseland Counseling in South Bend, IN, Dr. Catherine Pittman provides cognitive behavioral treatment for anxiety disorders, depression, brain injury, sexual identity issues, and other difficulties. She is the author of the book REWIRE YOUR ANXIOUS BRAIN.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

Medication Referral

Mindfulness

POPULATIONS TREATED

Adults

LGBTQI

DISORDERS AND SPECIALITIES

Agoraphobia

Anxiety

Depression

Generalized Anxiety Disorder (GAD)
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Posttraumatic Stress Disorder (PTSD)
Social Anxiety Disorder
Specific Phobias

PAYMENT OPTIONS

Accepts Credit Cards
Accepts Some Insurance



ABOUT ANXIETY & DEPRESSION ASSOCIATION

The Anxiety and Depression Association of America (ADAA) developed this **Find Your Therapist Directory** for you to connect with licensed mental health professionals.

Know that you are not alone, and help is available.

ADAA is a nonprofit organization dedicated to the prevention, treatment, and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through the alignment of science, treatment, and education.

For the ADAA mental health professionals, this directory also helps you connect with millions of potential patients.

To join the directory, contact membership@adaa.org.

If you are in crisis call or text 988 for the Suicide & Crisis Lifeline.

HELPFUL LINKS

ADAA Website

<https://adaa.org/>

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 Newsletter Sign Up

https://adaa.informz.net/adaa/pages/Triumph_Subscribe_page

Get Involved with ADAA

