



Chelsea Mitchell

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Zip Code: 40241

Zip Postal: 40241-6160

Language: English

Populations Treated: Children, Adolescents/Teens

Organization: The Kentucky Center for Anxiety and Related Disorders

Disorders Treated & Specialty: Trichotillomania, Trauma, Specific Phobias, Social Anxiety Disorder, Separation Anxiety, Posttraumatic Stress Disorder (PTSD), Panic Attacks/Panic Disorder, Obsessive Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), Body Focused Repetitive Behaviors, Anxiety

Treatment Methods: Cognitive Behavioral Therapy (CBT)

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Professional focus: Psychologist

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TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

POPULATIONS TREATED

Adolescents/Teens

Children

DISORDERS AND SPECIALITIES

Anxiety

Body Focused Repetitive Behaviors

Generalized Anxiety Disorder (GAD)

Obsessive Compulsive Disorder (OCD)

Panic Attacks/Panic Disorder

Posttraumatic Stress Disorder (PTSD)

Separation Anxiety

Social Anxiety Disorder

Specific Phobias

Trauma

Trichotillomania

PAYMENT OPTIONS



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

