



Elaine Bruckner

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Zip Code: 43551

Zip Postal: 43551

Language: English

Populations Treated: Adults, Seniors, Couples, LGBTQI, Adolescents/Teens

Organization: The Anxiety Treatment Center of Greater Toledo

Treatment Options: In Office, Telehealth, Phone Consultations

Disorders Treated & Specialty: Eating Disorders, Agoraphobia, Anxiety, Body Dysmorphic Disorder, Depression, Generalized Anxiety Disorder (GAD), Hoarding, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Social Anxiety Disorder, Specific Phobias, Tourette's Syndrome, Trauma, Trichotillomania, Other

Treatment Methods: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Compassion-Focused Therapy, Dialectical Behavioral Therapy (DBT), Exposure Therapy, Mindfulness

Payment Options: Accepts Cash and/or Checks, Accepts Some Insurance, Accepts Credit Cards, Accepts Medicare

Address1: 1070 Commerce Dr

Address2: Building 2 Ste 301

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

City: Perrysburg

State/Providence: Ohio

Country: United States

Degree: PhD

Preferred Pronouns: she/her/hers

Email: ebruckner@atctoledo.com

Office Phone: (419) 931-3029

Telehealth: Ohio

Cell Phone: 4192658206

Professional focus: Psychologist

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ABOUT

Dr. Bruckner specializes in the cognitive-behavioral treatment of anxiety (Panic Disorder, OCD, General Anxiety Disorder, Social Phobia, PTSD, Specific Phobia), Anxiety-Spectrum Disorders (Health Anxiety, Trichotillomania), depression, and eating and health-related issues (binge eating, restrictive eating, obesity). She earned her Masters and Doctoral degrees in Clinical Psychology from the University of Health Sciences/The Chicago Medical School and completed a Postdoctoral Fellowship in Cognitive Therapy at the University of Pennsylvania's Center for Cognitive Therapy. She works with adolescents and adults and accepts some insurance.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Compassion-Focused Therapy

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

Mindfulness

POPULATIONS TREATED

Adolescents/Teens
Adults
Couples
LGBTQI
Seniors

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Body Dysmorphic Disorder
Depression
Eating Disorders
Generalized Anxiety Disorder (GAD)
Hoarding
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Posttraumatic Stress Disorder (PTSD)
Social Anxiety Disorder
Specific Phobias
Tourette's Syndrome
Trauma
Trichotillomania
Other

PAYMENT OPTIONS

Accepts Cash and/or Checks
Accepts Credit Cards
Accepts Medicare
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

