



Holly Carson

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Zip Code: 63301

Zip Postal: 63301-3402

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

Disorders Treated & Specialty: Posttraumatic Stress Disorder (PTSD), Panic Attacks/Panic Disorder, Obsessive Compulsive Disorder (OCD), Eating Disorders, Depression, Bipolar Disorder, Attention-Deficit/Hyperactivity Disorder, Anxiety, Agoraphobia

Treatment Methods: Mindfulness, Exposure Therapy, Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT)

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Country: United States

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ABOUT

Holly Carson is a Licensed Professional Counselor and a Licensed Clinical Social Worker who specializes in the treatment of anxiety disorders with adults, teens and children. She is a seasoned and skilled therapist with a long established private practice that has successfully served clients in the greater St. Louis area for over thirty years.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Mindfulness

POPULATIONS TREATED

Adolescents/Teens

Adults

Children

Couples

Families

LGBTQI

Seniors

DISORDERS AND SPECIALITIES

Agoraphobia

Anxiety

Attention-Deficit/Hyperactivity Disorder
Bipolar Disorder
Depression
Eating Disorders
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Posttraumatic Stress Disorder (PTSD)

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

