



Holly Guess

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Zip Code: 70806

Zip Postal: 70806

Language: English

Populations Treated: Adolescents/Teens, Adults

Treatment Options: In Office, Telehealth

Disorders Treated & Specialty: Trichotillomania, Specific Phobias, Attention-Deficit/Hyperactivity Disorder, Agoraphobia, Anxiety, Autism Spectrum Disorder, Bipolar Disorder, Body Dysmorphic Disorder, Depression, Generalized Anxiety Disorder (GAD), Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Social Anxiety Disorder

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

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

Address1: 1651 Thibodeaux Ave.,

Address2: Ste. A

City: Baton Rouge

State/Province: Louisiana

Country: United States

Degree: Med, NCC, LPC

Email: holly@hollyguesslpc.com

Office Phone: 225 926 4009

Telehealth: Louisiana

Professional focus: Counselor

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TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

Mindfulness

POPULATIONS TREATED

Adolescents/Teens

Adults

DISORDERS AND SPECIALITIES

Agoraphobia

Anxiety

Attention-Deficit/Hyperactivity Disorder

Autism Spectrum Disorder

Bipolar Disorder

Body Dysmorphic Disorder

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

PAYMENT OPTIONS

Accepts Cash and/or Checks
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

<https://adaa.org/get-involved>

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