



Holly Scott

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Zip Code: 75243

Zip Postal: 75243-7253

Populations Treated: LGBTQI, Seniors, Adults

Organization: Uptown Dallas Counseling

Treatment Options: Teletherapy, Phone Consultations

Disorders Treated & Specialty: Panic Attacks/Panic Disorder, Agoraphobia, Bipolar Disorder, Body Dysmorphic Disorder, Depression, Generalized Anxiety Disorder (GAD), Posttraumatic Stress Disorder (PTSD), Separation Anxiety, Social Anxiety Disorder, Specific Phobias, Trauma, Trichotillomania

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

Payment Options: Accepts Credit Cards

Address1: 9032 Vista Creek Dr

Website: <http://www.uptowndallascounseling.com/>

City: Dallas

State/Providence: Texas

Country: United States

Degree: MS

Email: HollyScottPLLC@gmail.com

Office Phone: 2143365794

Cell Phone: 2143365794

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ABOUT

Private Practice specializing in Cognitive Behavioral Therapy for adults.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Mindfulness

POPULATIONS TREATED

Adults

LGBTQI

Seniors

DISORDERS AND SPECIALITIES

Agoraphobia

Bipolar Disorder

Body Dysmorphic Disorder

Depression
Generalized Anxiety Disorder (GAD)
Panic Attacks/Panic Disorder
Posttraumatic Stress Disorder (PTSD)
Separation Anxiety
Social Anxiety Disorder
Specific Phobias
Trauma
Trichotillomania

PAYMENT OPTIONS

Accepts Credit Cards



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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