



Joseph Bardeen

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Zip Code: 50266

Zip Postal: 50266

Language: English

Populations Treated: LGBTQI, Adults

Organization: Anxiety & OCD Treatment Services, PLLC

Treatment Options: Telehealth, Phone Consultations

Disorders Treated & Specialty: Agoraphobia, Anxiety, Generalized Anxiety Disorder (GAD), Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Social Anxiety Disorder, Specific Phobias, Trauma

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

Payment Options: Accepts Credit Cards

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Telehealth: Alabama, Iowa

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Professional focus: Psychologist

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ABOUT

Dr. Bardeen is a licensed clinical psychologist in Alabama and Iowa that specializes in evidence-based treatments - which are those that are supported by research - for individuals with anxiety and related disorders. Because it is difficult to find well-trained mental health professionals who specialize in providing the most up-to-date treatments to those suffering from anxiety and related disorders, it is his goal to provide clients with evidence-based treatments in a manner that increases access to those in Iowa and Alabama who might not otherwise have it via online therapy, or videoconferencing. Dr. Bardeen specializes in working with clients who are dealing with trauma- and anxiety-related concerns, including posttraumatic stress disorder (PTSD), panic attacks, agoraphobia, social anxiety, generalized anxiety and worry, and phobias. Dr. Bardeen approaches client problems from a cognitive-behavioral perspective, with special expertise in the use of exposure therapy for PTSD and anxiety-related concerns, while also leaving room for the flexibility to integrate treatment techniques from other modalities when necessary.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

Mindfulness

POPULATIONS TREATED

Adults
LGBTQI

DISORDERS AND SPECIALITIES

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

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

