



Kathryn Hecht

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Zip Code: 55431

Zip Postal: 55431-1112

Language: English

Populations Treated: Children, Adolescents/Teens

Organization: Kathryn F. Hecht PhD LP LLC

Disorders Treated & Specialty: Trichotillomania, Generalized Anxiety Disorder (GAD), Agoraphobia, Anxiety, Body Dysmorphic Disorder, Depression, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Selective Mutism Disorder, School Refusal, Separation Anxiety, Social Anxiety Disorder, Specific Phobias

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

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Professional focus: Psychologist

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TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Mindfulness

POPULATIONS TREATED

Adolescents/Teens

Children

DISORDERS AND SPECIALITIES

Agoraphobia

Anxiety

Body Dysmorphic Disorder

Depression

Generalized Anxiety Disorder (GAD)

Obsessive Compulsive Disorder (OCD)

Panic Attacks/Panic Disorder

School Refusal
Selective Mutism Disorder
Separation Anxiety
Social Anxiety Disorder
Specific Phobias
Trichotillomania

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

