



Kristin Eisenhauer

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Zip Code: 78215

Zip Postal: 78215-1524

Populations Treated: LGBTQI, Adults

Organization: 142 Ninth Street San Antonio TX 78215

Disorders Treated & Specialty: Trichotillomania, Specific Phobias, Social Anxiety Disorder, Panic Attacks/Panic Disorder, Obsessive Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), Depression, Anxiety, Agoraphobia

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

Payment Options: Accepts Credit Cards

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ABOUT

Located in Midtown San Antonio, River North Anxiety is a specialized mental health practice serving patients aged 18-65 with anxiety and anxiety-related disorders. Those experiencing any form of anxiety understand how it can control their lives. People often feel shame and don't realize that they have a treatable condition. Treatment need not involve extensive psychotherapy or even medication. Examining the accuracy of anxious thoughts, making strategic behavioral adjustments, and learning how to manage the physical sensations of anxiety are three components of effective, lasting anxiety treatment. Dr. Kristin Eisenhauer uses evidence-based (research-based) treatment, namely cognitive-behavioral therapy (CBT), exposure with response prevention (ERP), and prolonged exposure that may be combined with virtual reality technology for specific fears, such as fear of flying. She also conducts exposures outside the office for certain specific phobias (e.g., fear of heights). Dr. Eisenhauer works collaboratively with her patients and consistently seeks out continuing education to stay on the cutting edge of psychotherapy research and practice. To this end, she focuses on results rather than return visits, ultimately teaching each patient to be his or her own therapist. Please visit www.rivernorthanxiety.com for more information.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

Medication Referral

POPULATIONS TREATED

Adults
LGBTQI

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Depression
Generalized Anxiety Disorder (GAD)
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Social Anxiety Disorder
Specific Phobias
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

