



## Laura Lokers

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Zip Code: 48103

Zip Postal: 48103

Populations Treated: Adults, Children, Adolescents/Teens

Organization: Anxiety and OCD Treatment Center of Ann Arbor

Treatment Options: Teletherapy, Phone Consultations, Home Visits

Disorders Treated & Specialty: Hoarding, Agoraphobia, Anxiety, Body Dysmorphic Disorder, Depression, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Specific Phobias, Tourette's Syndrome, Trauma, Trichotillomania

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

Payment Options: Accepts Credit Cards, Sliding Scale

Address1: 2610 West Liberty

Address2: Ste A

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

City: ANN ARBOR

State/Providence: Michigan

Country: United States

Degree: LMSW

Preferred Pronouns: she/her/hers

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### ABOUT

I specialize in Cognitive Behavioral Therapy for Anxiety and Mood Disorders with a special interest in the treatment of Obsessive-Compulsive Disorder and OCD Spectrum Disorders, including hoarding disorder and body focused repetitive behaviors. I also run a four week multi-diagnostic exposure therapy group for persons with anxiety disorders as well as an 8 week treatment group for persons with Body Focused Repetitive Behaviors. I am trained in Habit Reversal Therapy and work in treating Trichotillomania and Compulsive Skin Picking. Additionally I have worked with intensive exposure therapy for OCD and run an OCD treatment group for primary intrusive thoughts. I have 10 years of experience in CBT and Exposure Therapy for a variety of anxiety disorders.

### TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

Mindfulness

Other

### POPULATIONS TREATED

Adolescents/Teens

Adults  
Children

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#### DISORDERS AND SPECIALITIES

Agoraphobia  
Anxiety  
Body Dysmorphic Disorder  
Depression  
Hoarding  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Posttraumatic Stress Disorder (PTSD)  
Specific Phobias  
Tourette's Syndrome  
Trauma  
Trichotillomania

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#### PAYMENT OPTIONS

Accepts Credit Cards  
Sliding Scale



#### 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.

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*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](mailto:membership@adaa.org).*

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**If you are in crisis call or text 988 for the Suicide & Crisis Lifeline.**

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#### 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](https://adaa.informz.net/adaa/pages/Triumph_Subscribe_page)

##### **Get Involved with ADAA**

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

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