



Lauren Helm

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Zip Code: 97214

Zip Postal: 97214

Language: English

Populations Treated: Adults

Organization: Rise Psychology, PLLC

Treatment Options: Telehealth

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

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

Payment Options: Accepts Credit Cards

Website: <https://risepsychology.com>

City: Portland

State/Providence: Oregon

Country: United States

Home Email: lauren.elizabeth.helm@gmail.com

Degree: PhD

Preferred Pronouns: she/her/hers

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Office Phone: 206-376-7414

Telehealth: Washington, Oregon

Professional focus: Psychologist

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ABOUT

Welcome! I am Dr. Lauren Helm, a Licensed Psychologist who offers online individual psychotherapy to clients in Oregon or Washington state. I specialize in working with anxiety disorders. My treatment approaches and areas of expertise include acceptance and commitment therapy (ACT), cognitive behavioral therapy (CBT), and exposure therapy. My academic and clinical training has also centered around health psychology (i.e. the mind-body connection), mindfulness and meditation, self-compassion, and emotion regulation. Ultimately, I am passionate about assisting clients in developing a deeply meaningful and fulfilling way of living.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Compassion-Focused Therapy

Exposure Therapy

Mindfulness

POPULATIONS TREATED

Adults

DISORDERS AND SPECIALITIES

Anxiety

Generalized Anxiety Disorder (GAD)

Obsessive Compulsive Disorder (OCD)

Panic Attacks/Panic Disorder

Social Anxiety Disorder

Specific Phobias

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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