



## Michael Stein

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**Notice (8):** Undefined index: location [APP/View/OrganizationPdfStyles/default.ctp, line 63]

Zip Code: 80222

Zip Postal: 80222-4043

Language: English

Populations Treated: Adults, Adolescents/Teens, Seniors

Treatment Options: Phone Consultations, Telehealth, In Office, Home Visits

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

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

Payment Options: Accepts Cash and/or Checks, Accepts Credit Cards

Address1: 1660 S Albion St

Address2: Ste 427

Website: <https://www.effective therapysolutions.com/locations/denver-office>

City: Denver

State/Providence: Colorado

Country: United States

Degree: PSYD

Email: [DrStein@anxiety solutions of denver.com](mailto:DrStein@anxiety solutions of denver.com)

Office Phone: (303) 940-7740 x2

Telehealth: Wisconsin, West Virginia, Washington, Virginia, Utah, Arizona, Illinois, Idaho, Georgia, District of Columbia, Delaware, Connecticut, Colorado, Arkansas, Indiana, Alabama, Nevada, Texas, Tennessee, Pennsylvania, Oklahoma, Ohio, North Carolina, New Jersey, New Hampshire, Nebraska, Missouri, Minnesota, Maryland, Maine, Kentucky, Kansas

Professional focus: Psychologist

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### TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

Mindfulness

### POPULATIONS TREATED

Adolescents/Teens

Adults

Seniors

### DISORDERS AND SPECIALITIES

Agoraphobia

Anxiety

Body Dysmorphic Disorder

Depression  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Posttraumatic Stress Disorder (PTSD)  
Specific Phobias  
Trichotillomania

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#### PAYMENT OPTIONS

Accepts Cash and/or Checks  
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.

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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**

