



Michael Telch

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Zip Code: 78746

Zip Postal: 78746-2953

Language: English

Populations Treated: Children, Adolescents/Teens, Adults, Seniors

Organization: Dr Michael J Telch

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

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

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

Payment Options: Sliding Scale, Accepts Credit Cards

Address1: 2329 Westlake Dr

Address2: Unit 4

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

City: Austin

State/Providence: Texas

Country: United States

Home Email: Telch@me.com

Degree: PhD

Preferred Pronouns: he/him/his

Email: Telch@austin.utexas.edu

Office Phone: (512) 560-4100

Telehealth: Texas

Cell Phone: 512-560-4100

Professional focus: Psychologist

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ABOUT

After received his Ph.D. from Stanford University in 1983, Dr. Telch completed a post-doctoral fellowship in behavioral medicine and cardiovascular epidemiology in the Department of Psychiatry and the Center for Disease Prevention at Stanford University School of Medicine. Dr. Telch joined the clinical psychology faculty at the University of Texas at Austin in 1986 where he is currently Professor and founding director of the Laboratory for the Study of Anxiety Disorders and former Director of Clinical Training. He is a fellow of the Association for Psychological Science and the Association for the Advancement of Preventative Psychology. Dr. Telch is internationally recognized for his scientific research on the nature and treatment of panic, phobias and anxiety-related disorders. He has served as a scientific advisor to the National Institute of Mental Health's Anxiety Disorders Education Program and the National Institute of Mental Health's Panic Disorder Program. His published work has tackled a broad range of questions related to the nature and treatment of pathological fear across the full spectrum of anxiety disorders, and have utilized multiple research strategies including clinical trials, prospective longitudinal risk studies, experimental psychopathology, and controlled laboratory manipulations of cognitive, behavioral, and pharmacological strategies during exposure therapy. In addition, many of the former doctoral students that Dr. Telch has trained have gone on to make significant contributions to the treatment of anxiety-related disorders.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)
Cognitive Behavioral Therapy (CBT)
Exposure Therapy
Intensive Exposure Therapy Protocols
Mindfulness

POPULATIONS TREATED

Adolescents/Teens
Adults
Children
Seniors

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Body Dysmorphic Disorder
Depression
Generalized Anxiety Disorder (GAD)
Hoarding
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Posttraumatic Stress Disorder (PTSD)
School Refusal
Separation Anxiety
Social Anxiety Disorder
Specific Phobias
Trauma
Trichotillomania

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.

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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