



Sabine Schmid

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Zip Code: 55454

Zip Postal: 55454

Language: German

Populations Treated: Adults

Organization: University of Minnesota, Dept of Psychiatry

Disorders Treated & Specialty: Social Anxiety Disorder, Generalized Anxiety Disorder (GAD), Depression, Attention-Deficit/Hyperactivity Disorder, Anxiety

Treatment Methods: Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT)

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TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

POPULATIONS TREATED

Adults

DISORDERS AND SPECIALITIES

Anxiety

Attention-Deficit/Hyperactivity Disorder

Depression

Generalized Anxiety Disorder (GAD)

Social Anxiety Disorder

PAYMENT OPTIONS



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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