



Suzanne Mouton-Odum

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Zip Code: 77063

Zip Postal: 77063-1528

Language: English

Populations Treated: Adolescents/Teens, Adults, Children

Organization: Psychology Houston, PC

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

Disorders Treated & Specialty: Body Dysmorphic Disorder, Agoraphobia, Anxiety, Attention-Deficit/Hyperactivity Disorder, Depression, Misophonia, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), School Refusal, Separation Anxiety, Social Anxiety Disorder, Specific Phobias, Tourette's Syndrome, Trichotillomania

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

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

Address1: 7660 Woodway Dr

Address2: Ste 599

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

City: Houston

State/Providence: Texas

Country: United States

Degree: PhD

Preferred Pronouns: she/her/hers

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Professional focus: Psychologist

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ABOUT

Dr. Suzanne Mouton-Odum is a licensed psychologist with extensive training in cognitive behavioral treatment for: Anxiety disorders, Trichotillomania, and Obsessive Compulsive Disorder. She is a Scientific Advisory Board Member of the Trichotillomania Learning Center, Past President of both the Texas Psychological Foundation and the Houston Psychological Association. Dr. Mouton-Odum is the Director of Psychology Houston, PC- The Center for Cognitive Behavioral Treatment and the President of PsycTech, LLC.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Compassion-Focused Therapy

Exposure Therapy

Intensive Exposure Therapy Protocols

Interpersonal Therapy (IPT)

Mindfulness

POPULATIONS TREATED

Adolescents/Teens
Adults
Children

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Attention-Deficit/Hyperactivity Disorder
Body Dysmorphic Disorder
Depression
Misophonia
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Posttraumatic Stress Disorder (PTSD)
School Refusal
Separation Anxiety
Social Anxiety Disorder
Specific Phobias
Tourette's Syndrome
Trichotillomania

PAYMENT OPTIONS

Accepts Cash and/or Checks
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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