



## Zach Pacha

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Zip Code: 50266

Zip Postal: 50266-6713

Populations Treated: Adults

Organization: The Anxiety and OCD Center of Iowa

Treatment Options: Teletherapy

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

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

Payment Options: Accepts Credit Cards, Accepts Some Insurance

Address1: 3636 Westown Pkwy

Address2: Ste 202

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

City: West Des Moines

State/Providence: Iowa

Country: United States

Home Email: zachpacha@gmail.com

Degree: LISW

Preferred Pronouns: he/him/his

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### ABOUT

I am a licensed independent social worker (LISW) who has been practicing therapy for over 14 years. I have a diverse background of working in several different outpatient clinics, including community mental health for 7 years. From these experiences I learned and continue to strive for excellence in providing the best possible treatment. I consider myself a dedicated lifelong learner. A two time University of Iowa graduate, with both my undergraduate and master's degrees in social work. I was able to continue with advancing my knowledge and skill through rigorous training. A grant opportunity allowed me to focus specifically on learning Cognitive Behavioral Therapy for the treatment of Anxiety Disorders. The training lasted a total of two years and included reviewing and scoring of numerous recorded sessions for adherence to the CBT model. Most recently I have completed the BTTI training from IOCDF for training for ERP. I use ERP on a daily basis for OCD clients. I am recognized by this organization as a recommended provider for ERP services for OCD treatment. My center is a regional clinic of the National Social Anxiety Center as well.

### TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Mindfulness

Other

### POPULATIONS TREATED

Adults

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#### DISORDERS AND SPECIALITIES

Agoraphobia  
Anxiety  
Depression  
Generalized Anxiety Disorder (GAD)  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Social Anxiety Disorder  
Specific Phobias  
Trauma  
Trichotillomania

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#### PAYMENT OPTIONS

Accepts Credit Cards  
Accepts Some Insurance



#### 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**

