



Zita Hardenberg

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Zip Code: 49546

Zip Postal: 49546-2127

Language: English, Hungarian

Populations Treated: Families, LGBTQI, Seniors, Adults

Organization: ZMH Counseling Services

Treatment Options: In Office, Telehealth

Disorders Treated & Specialty: Anxiety, Bipolar Disorder, Depression, Generalized Anxiety Disorder (GAD), Panic Attacks/Panic Disorder, Social Anxiety Disorder

Treatment Methods: Cognitive Behavioral Therapy (CBT), Interpersonal Therapy (IPT)

Payment Options: Accepts Some Insurance, Accepts Credit Cards

Address1: 500 Cascade West Pkwy SE

Address2: Ste 100

City: Grand Rapids

State/Providence: Michigan

Country: United States

Degree: LPC, MA, NCC

Preferred Pronouns: she/her/hers

Email: Zita1024@yahoo.com

Office Phone: 616-295-3489

Telehealth: Michigan

Cell Phone: 616-295-3489

Professional focus: Counselor

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ABOUT

Therapy can be an opportunity to improve your insight into personal roadblocks and regain a sense of balance. My role is to accompany you during this process and help you navigate through life's challenges. You will find my approach to be genuine, warm, and person-centered. I have a special interest working with people who struggle with depression, anxiety, stress, and life changes. I am also particularly interested in working with young adults as they work on their development of identity and purpose. My goal is to support you and help strengthen your coping skills. I strive to help you as you rediscover your strengths in a safe, non-judgmental environment. While my approach is both person-centered and cognitive-behavioral based, I believe that no two people are alike. I will work with you to create the most effective support and treatment on an individual basis.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Interpersonal Therapy (IPT)

POPULATIONS TREATED

Adults

Families

LGBTQI

Seniors

DISORDERS AND SPECIALITIES

Anxiety
Bipolar Disorder
Depression
Generalized Anxiety Disorder (GAD)
Panic Attacks/Panic Disorder
Social Anxiety Disorder

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.

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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