



**Aimee Kotrba**

Zip Code: 48114

Zip Postal: 48114

Language: English

Populations Treated: Children, Adolescents/Teens

Organization: Thriving Minds Behavioral Health

Treatment Options: Phone Consultations

Disorders Treated & Specialty: Trichotillomania, Tourette's Syndrome, Depression, Agoraphobia, Anxiety, Attention-Deficit/Hyperactivity Disorder, Generalized Anxiety Disorder (GAD), Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Selective Mutism Disorder, School Refusal, Separation Anxiety, Social Anxiety Disorder

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

Payment Options: Accepts Some Insurance, Accepts Credit Cards

Address1: 8163 W Grand River Road

Address2: Ste 100

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

City: Brighton

State/Province: Michigan

Country: United States

Home Email: [akotrba@gmail.com](mailto:akotrba@gmail.com)

Degree: PhD

Preferred Pronouns: she/her/hers

Email: [akotrba@thrivingminds.info](mailto:akotrba@thrivingminds.info)

Office Phone: (810) 225-3417

Professional focus: Psychologist

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## ABOUT

A clinical psychologist specializing in anxiety-related disorders, Dr. Kotrba and her team at Thriving Minds offer evidence-based, empathetic treatment to children and adolescents. Primary interventions include individual Cognitive Behavioral Therapy (CBT) for mood and anxiety disorders, behavioral treatment and parent training for disruptive behavior disorders, and psycho-educational evaluations for learning issues, anxiety, and Attention-Deficit/Hyperactivity Disorder. Dr. Kotrba also regularly teaches workshops focusing on identification and intervention for Selective Mutism, OCD, and other anxiety disorders. She is the author of *Selective Mutism: An Assessment and Intervention Guide for Therapists, Educators, and Parents* as well as *Overcoming Selective Mutism: A Parent's Field Guide*. For more information, please visit our website at [www.thrivingmindsbehavioralhealth.com](http://www.thrivingmindsbehavioralhealth.com)

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## TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

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## POPULATIONS TREATED

Adolescents/Teens

## Children

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### DISORDERS AND SPECIALITIES

Agoraphobia  
Anxiety  
Attention-Deficit/Hyperactivity Disorder  
Depression  
Generalized Anxiety Disorder (GAD)  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Posttraumatic Stress Disorder (PTSD)  
School Refusal  
Selective Mutism Disorder  
Separation Anxiety  
Social Anxiety Disorder  
Tourette's Syndrome  
Trichotillomania

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### PAYMENT OPTIONS

Accepts Credit Cards  
Accepts Some Insurance



## ABOUT ANXIETY & DEPRESSION ASSOCIATION (ADAA)

### Looking for a Therapist? ADAA Can Help

ADAA's Find Your Therapist Directory is your trusted resource for connecting with licensed mental health professionals who specialize in treating anxiety, depression, OCD, PTSD, and other related disorders. Each provider listed holds a valid clinical license and brings expertise to support your mental wellness journey.

### If You're Having Trouble Finding a Therapist

If you don't find a match in our directory, we encourage you to:

- Contact your primary care provider
- Check with your health insurance company
- Explore other reputable directories of licensed mental health professionals

Please Note:

- U.S.-based clinicians cannot see clients who reside outside the United States due to licensing laws.
- Clinicians who do not mention insurance participation in their profile do not accept insurance.

**Know that you are not alone, and help is available. If you are in crisis call or text 988 for the Suicide & Crisis Lifeline.**

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*The members in ADAA's Find Your Therapist directory are listed for the sole purpose of helping the public or serving as an ADAA professional member referral.*

*The emails of the therapists cannot be used to contact them for any reason other than requesting mental health services or for an ADAA professional member to reach out to another member to discuss a possible referral. These emails are not to be used to solicit business or promote any products. ADAA reserves the right to take legal action if solicitations occur.*

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## HELPFUL LINKS

**ADAA Website**

<https://adaa.org/>

**Tips and Questions About How to Choose a Therapist That's Right for You**

<https://adaa.org/finding-help/treatment/choosing-therapist>

**5 Tips for How to Know If an Anxiety Therapist Is the Right Fit for You**

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/5-tips-how-know-if-anxiety-therapist-right-fit>

**Watch ADAA's Short "What is" Videos on Anxiety, Depression, MDD, PTSD, OCD and more!**

<https://adaa.org/resources-news/from-adaa-experts/videos>

**ADAA's Free 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 Free Newsletter Sign Up**

[https://adaa.informz.net/adaa/pages/Triumph\\_Subscribe\\_page](https://adaa.informz.net/adaa/pages/Triumph_Subscribe_page)

**Join a Free ADAA Online Peer-to-Peer Support Community**

<https://adaa.org/find-help/support>

**Meet ADAA's Institutional Members**

<https://adaa.org/professionals/Institutional-Memberships>

**Therapists: Watch ADAA's Find Your Therapist Video and Join the Directory!**

<https://youtu.be/Eq3zOzbfGoU>