



**Alex Littleton**

Zip Code: 80110

Zip Postal: 80110-2347

Language: English

Populations Treated: Adults, Adolescents/Teens, Children

Organization: Vivid Psychology Group

Treatment Options: Phone Consultations, Telehealth, In Office

Disorders Treated & Specialty: Hoarding, Trauma, Tourette's Syndrome, Stress, Social Anxiety Disorder, Sleep Disorders, Separation Anxiety, School Refusal, Posttraumatic Stress Disorder (PTSD), Phobias, Panic Attacks/Panic Disorder, Obsessive Compulsive Disorder (OCD), Intrusive Thoughts, Trichotillomania, Health Anxiety, Grief, Generalized Anxiety Disorder (GAD), Emetophobia, Depression, Body Focused Repetitive Behaviors, Assessment, Anxiety, Agoraphobia

Treatment Methods: Virtual Reality Exposure, Exposure Therapy, Dialectical Behavioral Therapy (DBT), Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT)

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

Address1: Vivid Psychology Group, 333 W Hampden Ave

Address2: Ste 605

Website: <http://vividpsychologygroup.com>

City: Englewood

State/Province: Colorado

Country: United States

Degree: PSYD, MA

Preferred Pronouns: he/him/his

Email: [alex.littleton.psyd@gmail.com](mailto:alex.littleton.psyd@gmail.com)

Office Phone: 720-806-0696

Telehealth: Wyoming, Wisconsin, Colorado, Kentucky, Kansas, Indiana, Illinois, Idaho, Hawaii, Georgia, Florida, District of Columbia, Delaware, Connecticut, Maine, Arkansas, Arizona, Alaska, Alabama, North Dakota, West Virginia, Washington, Virginia, Utah, Texas, Tennessee, South Carolina, Rhode Island, Pennsylvania, Oklahoma, Ohio, North Carolina, New Mexico, New Jersey, New Hampshire, Nevada, Nebraska, Missouri, Minnesota, Michigan, Massachusetts, Maryland

Cell Phone: 719-393-2436

Professional focus: Psychologist

## ABOUT

At Vivid Psychology Group, our dedicated clinicians provide specialized treatment for anxiety, OCD, trauma, panic attacks, depression, parenting issues, and more. We provide in-person therapy in south Denver (Englewood) and online therapy for most US states via telehealth. Our licensed providers have specialized training in CBT, ERP, ACT, SPACE, and DBT to treat mild to severe psychological issues for adults, teens, and children. We also provide Psychological Assessment services for ADHD testing, learning disorders, reading/math disorders, general intelligence/IQ testing, academic accommodations, personality, and diagnostic clarification. --- Dr. Alex Littleton is a licensed clinical psychologist and co-owner of Vivid Psychology Group in Denver, Colorado. Dr. Littleton oversees the clinical training program at Vivid Psychology Group for all of our clinicians. He earned his master's and doctoral degrees from the University of Denver's Graduate School of Professional Psychology. Following his pre-doctoral internship at the Mental Health Center of Denver, he completed his Post-Doctoral Fellowship with Denver DBT and Psychotherapy. --- Dr. Littleton has developed a specialized clinical interest in all things anxiety- his comprehensive training in Exposure and Response Prevention Therapy (ERP), Cognitive Behavioral Therapy (CBT), Supportive Parenting for Anxious Childhood Emotions (SPACE), and Acceptance and Commitment Therapy (ACT) allowed him to build an expertise for creatively and effectively treating anxiety-related issues for all ages. Additionally, his training in Dialectical Behavioral Therapy (DBT) and Eye Movement Desensitization and Reprocessing (EMDR) provide additional evidence-based practices to draw upon for treating comorbid issues related to trauma, emotional dysregulation, and interpersonal problems. His warmth, curiosity and personal engagement make it easy to connect when working with Dr. Littleton. His naturally collaborative approach is balanced by an honest, direct personal style that helps clients confront their

obstacles and move towards healing and psychological growth. --- Dr. Littleton's integrative model allows for exploration of a variety of issues that psychotherapy can help with, including: anxiety depression OCD panic attacks phobias chronic stress child anxiety ARFID (picky eating) Failure to Launch sleep problems overthinking relationship issues performance issues general "stuckness"

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#### TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)  
Cognitive Behavioral Therapy (CBT)  
Dialectical Behavioral Therapy (DBT)  
Exposure Therapy  
Virtual Reality Exposure

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#### POPULATIONS TREATED

Adolescents/Teens  
Adults  
Children

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#### DISORDERS AND SPECIALITIES

Agoraphobia  
Anxiety  
Assessment  
Body Focused Repetitive Behaviors  
Depression  
Emetophobia  
Generalized Anxiety Disorder (GAD)  
Grief  
Health Anxiety  
Hoarding  
Intrusive Thoughts  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Phobias  
Posttraumatic Stress Disorder (PTSD)  
School Refusal  
Separation Anxiety  
Sleep Disorders  
Social Anxiety Disorder  
Stress  
Tourette's Syndrome  
Trauma  
Trichotillomania

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#### PAYMENT OPTIONS

Accepts Cash and/or Checks  
Accepts Credit Cards  
Accepts Medicaid  
Sliding Scale



## 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>