



**Bethany Walker**

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Zip Code: 60026  
Zip Postal: 62704-7100  
Language: English  
Populations Treated: Adults, Adolescents/Teens  
Organization: Boldly You Psychotherapy  
Treatment Options: Telehealth  
Disorders Treated & Specialty: Obsessive Compulsive Disorder (OCD), Other  
Treatment Methods: Exposure Therapy, Acceptance and Commitment Therapy (ACT)  
Payment Options: Accepts Credit Cards, Sliding Scale  
Address1: 2700 Patriot Blvd  
Address2: Ste 250  
Website: <http://beboldlyyou.com>  
City: Glenview  
State/Providence: Illinois  
Country: United States  
Degree: PhD  
Preferred Pronouns: she/her/hers  
Email: [drwalker@beboldlyyou.com](mailto:drwalker@beboldlyyou.com)  
Office Phone: (847)231-2399  
Telehealth: Illinois  
Professional focus: Psychologist

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#### ADDITIONAL INFORMATION

I specialize in working with people with Obsessive-Compulsive Disorder (OCD), Obsessive-Compulsive Personality Disorder (OCPD), and their loved ones. Are rigid rules or intrusive thoughts taking over your life? Together, we can discover the bravery and flexibility you never knew you had. I want to help you step boldly in the direction of your values, toward a fuller, freer version of yourself. I believe that my background in ERP and ACT can help us achieve this, even in the presence of fear, doubt, and other challenges life is presenting you with.

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#### TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)  
Exposure Therapy

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#### POPULATIONS TREATED

Adolescents/Teens  
Adults

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#### DISORDERS AND SPECIALITIES

Obsessive Compulsive Disorder (OCD)  
Other

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## PAYMENT OPTIONS

Accepts Credit Cards

Sliding Scale



#### ABOUT ANXIETY & DEPRESSION ASSOCIATION (ADAA)

*ADAA's Find Your Therapist Directory connects YOU with licensed mental health professionals/counselors, with clinical licenses and who have expertise in anxiety, depression, OCD, PTSD, and co-occurring disorders.*

*We are increasing the number of mental health professionals listed. We also list ADAA members who work for behavioral health clinics.*

*If you cannot find a therapist, contact your medical provider, your insurance company, or other lists of licensed mental health professionals.*

*Please note that US clinicians are not able to see clients outside of the US due to licensing restrictions.*

*Please note that clinicians in the directory who do not state that they participate in an insurance plan do not take 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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*For the ADAA mental health professionals, this directory also helps you connect with potential patients. To join the directory, contact [membership@adaa.org](mailto:membership@adaa.org).*

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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 Chose 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 Depression, MDD, PTSD, OCD and Suicide**

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

**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 Support Community**

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

**Meet ADAA's Institutional Members**

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

**For Therapists: Watch ADAA's Find Your Therapist Video**

<https://youtu.be/Eq3zOzbfGoU>