



**Casey McGinnis**

Zip Code: 98007  
Zip Postal: 98007  
Language: English  
Populations Treated: Families, Adolescents/Teens  
Organization: Evidence Based Therapy Solutions, PLLC  
Treatment Options: In Office, Telehealth  
Disorders Treated & Specialty: Attention-Deficit/Hyperactivity Disorder, Anxiety, Assessment, Behavioral Issues, Depression, Family Conflict, MDD, Posttraumatic Stress Disorder (PTSD), Self-Harm, Suicidal Ideation, Trauma  
Treatment Methods: Cognitive Behavioral Therapy (CBT), Cognitive Behavioral Therapy for Insomnia (CBT-I), Dialectical Behavioral Therapy (DBT), Exposure Therapy  
Payment Options: Accepts Some Insurance, Accepts Credit Cards, Accepts Cash and/or Checks, Accepts Medicaid, Sliding Scale  
Address1: 14645 NE Bel-Red Rd  
Address2: 203  
Website: <https://www.ebtherapysolutions.com/>  
City: Bellevue  
State/Province: Washington  
Country: United States  
Degree: PhD  
Preferred Pronouns: she/her/hers  
Email: [casey.mcginis@ebtherapysolutions.com](mailto:casey.mcginis@ebtherapysolutions.com)  
Office Phone: 425-202-5439  
Telehealth: Washington  
Cell Phone: 4252812161  
Professional focus: Psychologist

#### ABOUT

Child and adolescent clinical psychologists with a focus in suicide, self-harm and trauma.

#### TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)  
Cognitive Behavioral Therapy for Insomnia (CBT-I)  
Dialectical Behavioral Therapy (DBT)  
Exposure Therapy

#### POPULATIONS TREATED

Adolescents/Teens  
Families

#### DISORDERS AND SPECIALITIES

Anxiety

Assessment  
Attention-Deficit/Hyperactivity Disorder  
Behavioral Issues  
Depression  
Family Conflict  
MDD  
Posttraumatic Stress Disorder (PTSD)  
Self-Harm  
Suicidal Ideation  
Trauma

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#### PAYMENT OPTIONS

Accepts Cash and/or Checks  
Accepts Credit Cards  
Accepts Medicaid  
Accepts Some Insurance  
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>