



Erin Kelly

Zip Code: 99201
Zip Postal: 99201-3708
Language: English
Populations Treated: Adolescents/Teens, Adults
Organization: Purple Lotus Counseling, PLLC
Treatment Options: In Office, Telehealth
Disorders Treated & Specialty: Trauma, Anxiety, Borderline Personality Disorder (BPD), Depression, MDD, Obsessive Compulsive Disorder (OCD), Posttraumatic Stress Disorder (PTSD), Self-Harm, Suicidal Ideation
Treatment Methods: Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Exposure Therapy, Mindfulness
Payment Options: Accepts Credit Cards
Address1: 9 S Washington St
Address2: Ste 420
Website: <http://www.purplelotuscounseling.com>
City: Spokane
State/Providence: Washington
Country: United States
Degree: MA
Preferred Pronouns: she/her/hers
Email: erin@purplelotuscounseling.com
Office Phone: 2132725147
Telehealth: California, Idaho, Oregon, Washington
Cell Phone: 2132725147
Professional focus: Marriage and Family Therapist

ABOUT

I have over 20 years of experience in the field and have been licensed for over 15 years. I am passionate about helping individuals identify and overcome barriers to living the way they want to live. Whether I am treating anxiety, depression, PTSD, OCD, or addressing a major life transition, I love establishing relationships and showing up in a down to earth way with my clients.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)
Dialectical Behavioral Therapy (DBT)
Exposure Therapy
Mindfulness

POPULATIONS TREATED

Adolescents/Teens
Adults

DISORDERS AND SPECIALITIES

Anxiety
Borderline Personality Disorder (BPD)
Depression
MDD
Obsessive Compulsive Disorder (OCD)
Posttraumatic Stress Disorder (PTSD)
Self-Harm
Suicidal Ideation
Trauma

PAYMENT OPTIONS

Accepts Credit Cards



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.

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.

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

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>