



Erin Stevens

Email

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Zip Code: 50266

Zip Postal: 50266-7717

Language: English

Populations Treated: Children, Adolescents/Teens, Adults, LGBTQI, Veterans

Organization: Anxiety & OCD Treatment Services

Treatment Options: Telehealth

Disorders Treated & Specialty: Trichotillomania, Trauma, Anxiety, Agoraphobia, Body Focused Repetitive Behaviors, Depression, Generalized Anxiety Disorder (GAD), Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Separation Anxiety, Social Anxiety Disorder

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

Payment Options: Accepts Credit Cards

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Address2: Ste 200-154

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

City: West Des Moines

State/Providence: Iowa

Country: United States

Home Email: erinsteven@gmail.com

Degree: PhD

Email: estevens@anxietytreatmentonline.com

Telehealth: Alabama, Florida, Iowa

Professional focus: Psychologist

ABOUT

Dr. Erin Stevens is a licensed clinical psychologist that specializes in evidence-based treatment for individuals with anxiety and related disorders. Utilizing evidence-based approaches, which are those that are supported by research, Dr. Stevens strives to deliver expert treatment with a caring and individualized approach. She has extensive training in cognitive behavioral therapy (CBT), with a specific focus on exposure-based treatments for anxiety-related issues. Dr. Stevens is proud to be a founding member of OCDIowa, the regional affiliate for the International OCD Foundation, and to serve as it's vice president/secretary. Dr. Stevens specializes in treating obsessive-compulsive disorder (OCD), health and illness anxiety, panic disorder, social anxiety disorder, specific phobias, generalized anxiety disorder, separation anxiety, and perfectionism. She also has extensive experience with perinatal anxiety and OCD, working with parents who have anxiety- and OCD-related concerns during the prenatal or postpartum period. She has specific training in Supportive Parenting for Anxious Childhood Emotions (SPACE), a parent-based treatment program for treating child and adolescent anxiety disorders; she offers individual parent-based treatment and also co-leads one of our therapy groups, Parenting Anxious Kids. Dr. Stevens received her B.S. in psychology from the University of Iowa and her Ph.D. in clinical psychology from Northern Illinois University. She completed her American Psychological Association-accredited clinical psychology internship in the Department of Psychiatry at the University of Alabama at Birmingham (UAB) School of Medicine and in the Birmingham Veteran's Affairs Medical Center (VAMC) - where she received extensive training in psychological and neuropsychological assessment and the delivery of evidence-based treatments. After receiving her doctorate, Dr. Stevens worked for a private group practice in Auburn, Alabama for 6 years, with a specific focus on the treatment of anxiety-related issues. Dr. Stevens has also published over 20 peer-reviewed journal articles examining risk and resilience factors for anxiety and related issues. Dr. Stevens is licensed in Iowa, Alabama, and Florida.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

POPULATIONS TREATED

Adolescents/Teens
Adults
Children
LGBTQI
Veterans

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Body Focused Repetitive Behaviors
Depression
Generalized Anxiety Disorder (GAD)
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Posttraumatic Stress Disorder (PTSD)
Separation Anxiety
Social Anxiety Disorder
Trauma
Trichotillomania

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>