



Hillary Henize

Zip Code: 37027

Zip Postal: 37027-4646

Language: English

Populations Treated: Children, Adolescents/Teens, Adults

Organization: Nashville OCD & Anxiety Treatment Center

Treatment Options: Group Therapy, In Office, Telehealth

Disorders Treated & Specialty: Social Anxiety Disorder, Stress, Trauma, Trichotillomania, Posttraumatic Stress Disorder (PTSD), Depression, Agoraphobia, Anxiety, Attention-Deficit/Hyperactivity Disorder, Body Dysmorphic Disorder, Body Focused Repetitive Behaviors, Eating Disorders, Emetophobia, Generalized Anxiety Disorder (GAD), Health Anxiety, Intrusive Thoughts, LGBTQ+, MDD, Misophonia, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias

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

Payment Options: Sliding Scale

Address1: 155 Franklin Rd

Address2: Ste 135

City: Brentwood

State/Province: Tennessee

Country: United States

Degree: PSYD

Email: hillary@ocdnashville.com

Office Phone: 615-989-2227

Telehealth: Tennessee

Professional focus: Psychologist

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Mindfulness

Telemental Health

POPULATIONS TREATED

Adolescents/Teens

Adults

Children

DISORDERS AND SPECIALITIES

Agoraphobia

Anxiety

Attention-Deficit/Hyperactivity Disorder

Body Dysmorphic Disorder

Body Focused Repetitive Behaviors

Depression
Eating Disorders
Emetophobia
Generalized Anxiety Disorder (GAD)
Health Anxiety
Intrusive Thoughts
LGBTQ+
MDD
Misophonia
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Phobias
Posttraumatic Stress Disorder (PTSD)
Social Anxiety Disorder
Stress
Trauma
Trichotillomania

PAYMENT OPTIONS

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.

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>