



**Jennifer Fullerton**

Zip Code: 03264

Zip Postal: 03264

Language: English

Populations Treated: Children, Adolescents/Teens, Adults

Organization: Growing Roots Integrative Health & Wellness

Treatment Options: In Office, Telehealth

Disorders Treated & Specialty: School Refusal, Separation Anxiety, Social Anxiety Disorder, Stress, Suicidal Ideation, Trauma, Trichotillomania, Posttraumatic Stress Disorder (PTSD), Body Dysmorphic Disorder, Agoraphobia, Anger Management, Anxiety, Attention-Deficit/Hyperactivity Disorder, Body Focused Repetitive Behaviors, Depression, Divorce, Emetophobia, Family Conflict, Generalized Anxiety Disorder (GAD), Grief, Health Anxiety, MDD, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias

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

Payment Options: Accepts Some Insurance, Accepts Credit Cards, Accepts Medicaid, Sliding Scale

Address1: 1 Warren Street

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

City: Plymouth

State/Province: New Hampshire

Country: United States

Degree: LICSW, MSW, Med

Preferred Pronouns: she/her/hers

Email: [jennifer.fullerton@growingrootsllc.com](mailto:jennifer.fullerton@growingrootsllc.com)

Office Phone: 603238-3149

Telehealth: New Hampshire

Cell Phone: 6036166693

Professional focus: Social Worker

## ABOUT

Jennifer works for Growing Roots Integrative Health & Wellness. Jennifer is a Licensed Independent Clinical Social Worker. Jennifer obtained an undergraduate degree from Boston College in Biology and Psychology and has Master's degrees in Social Work and Education from the University of Vermont and Plymouth State University. Jennifer is also an approved Clinical Supervisor in New Hampshire. Jennifer has worked in the field of adolescent residential treatment in New England for over twenty-five years in various clinical, administrative, and supervisory roles. Jennifer has also provided intensive home-based counseling services for adolescents and families. Jennifer works with children, adolescents, and adults. She utilizes a developmental and evidenced based approach. Jennifer's advanced clinical training and expertise include: Trauma Focused Cognitive Behavioral Therapy; Cognitive Behavioral Therapy; Exposure and Response Prevention (ERP); Trauma Affect Regulation: A Guide to Education and Therapy (TARGET), a research based intervention for individuals who have experienced psychological trauma; Acceptance and Commitment Therapy (ACT); and Ketamine Assisted Psychotherapy. Jennifer specializes in the treatment of trauma, obsessive compulsive disorder, anxiety, and depression. Her passion is partnering with individuals to effect change and growth that will assist them in living a life filled with hope, confidence, and strength. Jennifer works with individuals as young as six years old as well as adolescents and adults. Jennifer provides individual and family therapy.

## TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

## POPULATIONS TREATED

Adolescents/Teens  
Adults  
Children

---

## DISORDERS AND SPECIALITIES

Agoraphobia  
Anger Management  
Anxiety  
Attention-Deficit/Hyperactivity Disorder  
Body Dysmorphic Disorder  
Body Focused Repetitive Behaviors  
Depression  
Divorce  
Emetophobia  
Family Conflict  
Generalized Anxiety Disorder (GAD)  
Grief  
Health Anxiety  
MDD  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Phobias  
Posttraumatic Stress Disorder (PTSD)  
School Refusal  
Separation Anxiety  
Social Anxiety Disorder  
Stress  
Suicidal Ideation  
Trauma  
Trichotillomania

---

## PAYMENT OPTIONS

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.**

-----

*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](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>