



Judy Nemmers

Zip Code: 50265
Zip Postal: 50265
Language: English
Populations Treated: Adults, Adolescents/Teens
Organization: Insomnia, Anxiety & OCD Services of Iowa
Treatment Options: Phone Consultations
Disorders Treated & Specialty: Body Focused Repetitive Behaviors, Agoraphobia, Anxiety, Depression, Generalized Anxiety Disorder (GAD), Misophonia, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Social Anxiety Disorder, Trichotillomania
Treatment Methods: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Cognitive Behavioral Therapy for Insomnia (CBT-I), Exposure Therapy, Mindfulness
Payment Options: Accepts Some Insurance, Accepts Credit Cards
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State/Providence: Iowa
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Degree: MSW
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Telehealth: Iowa
Cell Phone: 515-309-1229
Professional focus: Social Worker

ABOUT

I specialize in treating insomnia, anxiety, and Obsessive-Compulsive Disorder. My practice is entirely online and I have extremely flexible hours that I provide services. I am only able to do therapy with people residing in the state of Iowa at this time due to state regulations. I am also trained and experienced in treating hair pulling and skin picking disorders. These are referred to as BFRB (body focused repetitive behaviors). I have many years of experience treating depression using Cognitive Behavioral Therapy as well as Acceptance and Commitment Therapy.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)
Cognitive Behavioral Therapy (CBT)
Cognitive Behavioral Therapy for Insomnia (CBT-I)
Exposure Therapy
Mindfulness

POPULATIONS TREATED

Adolescents/Teens
Adults

DISORDERS AND SPECIALITIES

Agoraphobia

Anxiety

Body Focused Repetitive Behaviors

Depression

Generalized Anxiety Disorder (GAD)

Misophonia

Obsessive Compulsive Disorder (OCD)

Panic Attacks/Panic Disorder

Social Anxiety Disorder

Trichotillomania

PAYMENT OPTIONS

Accepts Credit Cards

Accepts Some Insurance



ABOUT ANXIETY & DEPRESSION ASSOCIATION (ADAA)

ADAA's Find Your Therapist Directory connects YOU with licensed mental health professionals/counselors, with clinical licenses and who have expertise in anxiety, depression, OCD, PTSD, and co-occurring disorders.

We are increasing the number of mental health professionals listed. We also list ADAA members who work for behavioral health clinics.

If you cannot find a therapist, contact your medical provider, your insurance company, or other lists of licensed mental health professionals.

Please note that US clinicians are not able to see clients outside of the US due to licensing restrictions.

Please note that clinicians in the directory who do not state that they participate in an insurance plan do not take 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.

For the ADAA mental health professionals, this directory also helps you connect with potential patients. To join the directory, contact membership@adaa.org.

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 Chose 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 Depression, MDD, PTSD, OCD and Suicide

<https://adaa.org/resources-news/from-adaa-experts/videos>

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 Support Community

<https://adaa.org/find-help/support>

Meet ADAA's Institutional Members

<https://adaa.org/professionals/Institutional-Memberships>

For Therapists: Watch ADAA's Find Your Therapist Video

<https://youtu.be/Eq3zOzbfGoU>