Kathryn Hecht

Zip Code: 55431
Zip Postal: 55431-1112
Language: English
Populations Treated: Adolescents/Teens, Children
Organization: Kathryn F. Hecht PhD LP LLC
Disorders Treated & Specialty: Generalized Anxiety Disorder (GAD), Agoraphobia, Anxiety, Body Dysmorphic Disorder, Depression, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Selective Mutism Disorder, School Refusal, Separation Anxiety, Social Anxiety Disorder, Trichotillomania
Treatment Methods: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Exposure Therapy, Mindfulness
Payment Options: None
Address1: 7900 Xerxes Ave S
Address2: Ste 1125
Website: http://drkathrynhecht.com
City: Bloomington
State/Providence: Minnesota
Country: United States
Home Email: khecht@drkathrynhecht.com
Degree: PhD
Email: khecht@drkathrynhecht.com
Office Phone: (952) 854-2622 x2
Cell Phone: 9528542622
Professional focus: Psychologist

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)
Cognitive Behavioral Therapy (CBT)
Exposure Therapy
Mindfulness

POPULATIONS TREATED

Adolescents/Teens
Children

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Body Dysmorphic Disorder
Depression
Generalized Anxiety Disorder (GAD)
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
School Refusal

Selective Mutism Disorder
Separation Anxiety
Social Anxiety Disorder
Trichotillomania

PAYMENT OPTIONS

None

ABOUT ANXIETY & DEPRESSION ASSOCIATION (ADAA)

ADAAs 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 the 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 propose 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, PTD, 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