



Kelly Dennis

Zip Code: 17551

Zip Postal: 17551-1911

Language: English

Populations Treated: Adolescents/Teens, Adults, Seniors, Couples

Organization: Kelly F. Dennis MS LPC

Treatment Options: In Office, Telehealth, Phone Consultations

Disorders Treated & Specialty: Trichotillomania, Social Anxiety Disorder, Anxiety, Agoraphobia, Bipolar Disorder, Body Dysmorphic Disorder, Depression, Eating Disorders, Generalized Anxiety Disorder (GAD), Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Separation Anxiety

Treatment Methods: Cognitive Behavioral Therapy (CBT), Mindfulness

Payment Options: Accepts Credit Cards, Sliding Scale

Address1: 163 W Frederick St

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

City: Millersville

State/Providence: Pennsylvania

Country: United States

Degree: MS

Preferred Pronouns: she/her/hers

Email: kellydennistherapist@gmail.com

Office Phone: (717)951-0266

Telehealth: Pennsylvania

Cell Phone: 7179510266

Professional focus: Counselor

ABOUT

Today you are one step closer to a new you where you feel empowered and on a positive path to growth and well-being. My goal is to help you uncover your true potential and lead a life that is worth celebrating. While we can't change difficult situations of the past, we can work together to better understand and resolve challenges in your life. As a certified Cognitive Behavioral Therapist, the counseling work in which you and I will engage focuses on helping you understand and change ways of thinking and behaving that may not be "helpful". This type of counseling is very collaborative in that you and I are a "team" working together to help you make the changes that will help you live a more effective and happy life.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Mindfulness

POPULATIONS TREATED

Adolescents/Teens

Adults

Couples

Seniors

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Bipolar Disorder
Body Dysmorphic Disorder
Depression
Eating Disorders
Generalized Anxiety Disorder (GAD)
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Posttraumatic Stress Disorder (PTSD)
Separation Anxiety
Social Anxiety Disorder
Trichotillomania

PAYMENT OPTIONS

Accepts Credit Cards
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>