



**Kristen Ohlenforst**

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Zip Code: 75230  
Zip Postal: 75230-1524  
Language: English, Spanish  
Populations Treated: Children, Adolescents/Teens, Adults  
Organization: Therapy Dallas  
Treatment Options: In Office, Phone Consultations  
Disorders Treated & Specialty: Trichotillomania, Trauma, Depression, Anxiety, Attention-Deficit/Hyperactivity Disorder, Generalized Anxiety Disorder (GAD), Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Selective Mutism Disorder, School Refusal, Separation Anxiety, Social Anxiety Disorder  
Treatment Methods: Cognitive Behavioral Therapy (CBT), Exposure Therapy, Other  
Payment Options: Accepts Credit Cards  
Address1: 5440 Harvest Hill Rd  
Address2: Suite 240  
Website: <https://therapydallas.com/>  
City: Dallas  
State/Providence: Texas  
Country: United States  
Degree: PhD  
Preferred Pronouns: she/her/hers  
Email: [dr.o@therapydallas.com](mailto:dr.o@therapydallas.com)  
Office Phone: 2147556119  
Cell Phone: 2147556119  
Professional focus: Psychologist

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#### ABOUT

Therapy Dallas specializes in individual and family-based treatment for children, adolescents, and adults. Our therapists work individually and collaboratively with your family, to provide a variety of evidence-based interventions thoughtfully matched to your and/or your child's specific needs.

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#### TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)  
Exposure Therapy  
Other

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#### POPULATIONS TREATED

Adolescents/Teens  
Adults  
Children

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#### DISORDERS AND SPECIALITIES

Anxiety  
Attention-Deficit/Hyperactivity Disorder  
Depression  
Generalized Anxiety Disorder (GAD)  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Posttraumatic Stress Disorder (PTSD)  
School Refusal  
Selective Mutism Disorder  
Separation Anxiety  
Social Anxiety Disorder  
Trauma  
Trichotillomania

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#### PAYMENT OPTIONS

Accepts Credit Cards



## 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.**

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*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.*

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## 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>