



Kristin Eisenhauer

Zip Code: 78215
Zip Postal: 78215-1524
Language: English
Populations Treated: LGBTQI, Adults
Organization: 142 Ninth Street San Antonio TX 78215
Treatment Options: Telehealth
Disorders Treated & Specialty: Anxiety, Agoraphobia, Depression, Generalized Anxiety Disorder (GAD), Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Social Anxiety Disorder, Trichotillomania
Treatment Methods: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Exposure Therapy, Intensive Exposure Therapy Protocols, Medication Referral
Payment Options: Accepts Credit Cards
Address1: 142 9th St
Website: <http://www.rivernorthanxiety.com>
City: San Antonio
State/Providence: Texas
Country: United States
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Degree: PhD
Preferred Pronouns: she/her/hers
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Telehealth: Texas
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Professional focus: Psychologist

ABOUT

River North Anxiety is a specialized mental health practice serving patients aged 18-65 with anxiety and anxiety-related disorders. Those experiencing any form of anxiety understand how it can control their lives. People often feel shame and don't realize that they have a treatable condition. Treatment need not involve extensive psychotherapy or even medication. Examining the accuracy of anxious thoughts, making strategic behavioral adjustments, and learning how to manage the physical sensations of anxiety are three components of effective, lasting anxiety treatment. Dr. Kristin Eisenhauer uses evidence-based (research-based) treatment, namely cognitive-behavioral therapy (CBT), exposure with response prevention (ERP), and prolonged exposure that may be combined with virtual reality technology for specific fears, such as fear of flying. She also conducts exposures outside the office for certain specific phobias (e.g., fear of heights). Dr. Eisenhauer works collaboratively with her patients and consistently seeks out continuing education to stay on the cutting edge of psychotherapy research and practice. To this end, she focuses on results rather than return visits, ultimately teaching each patient to be his or her own therapist. Please visit www.rivernorthanxiety.com for more information. If you wish to contact me, please do so by phone at 210-216-0015. Please DO NOT use the blue "Send Message" button on this website.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)
Cognitive Behavioral Therapy (CBT)
Exposure Therapy
Intensive Exposure Therapy Protocols
Medication Referral

POPULATIONS TREATED

Adults
LGBTQI

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Depression
Generalized Anxiety Disorder (GAD)
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Social Anxiety Disorder
Trichotillomania

PAYMENT OPTIONS

Accepts Credit Cards



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>