



Laura Lokers

Zip Code: 48103

Zip Postal: 48103

Language: English

Populations Treated: Children, Adolescents/Teens, Adults, Seniors, LGBTQI

Organization: Anxiety and OCD Treatment Center of Ann Arbor

Treatment Options: Home Visits, In Office, Telehealth, Phone Consultations

Disorders Treated & Specialty: Tourette's Syndrome, Trauma, Trichotillomania, Social Anxiety Disorder, Depression, Agoraphobia, Anxiety, Assessment, Behavioral Issues, Body Dysmorphic Disorder, Generalized Anxiety Disorder (GAD), Health Anxiety, Hoarding, Intrusive Thoughts, LGBTQ+, Misophonia, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias, Postpartum, Posttraumatic Stress Disorder (PTSD), Selective Mutism Disorder, School Refusal, Separation Anxiety

Treatment Methods: Other, Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Exposure Therapy, Intensive Exposure Therapy Protocols, Mindfulness, Telemental Health, Virtual Reality Exposure

Payment Options: Accepts Some Insurance, Accepts Credit Cards, Sliding Scale

Address1: 2610 West Liberty

Address2: Ste A

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

City: ANN ARBOR

State/Providence: Michigan

Country: United States

Degree: LMSW

Preferred Pronouns: she/her/hers

Email: lokers@anxietyannarbor.com

Office Phone: 7343689691

Telehealth: Michigan

Cell Phone: 7346572834

Professional focus: Social Worker

ABOUT

I specialize in Cognitive Behavioral Therapy for Anxiety and Mood Disorders with a special interest in the treatment of Obsessive-Compulsive Disorder and OCD Spectrum Disorders, including hoarding disorder and body focused repetitive behaviors. I also run a four week multi-diagnostic exposure therapy group for persons with anxiety disorders as well as an 8 week treatment group for persons with Body Focused Repetitive Behaviors. I am trained in Habit Reversal Therapy and work in treating Trichotillomania and Compulsive Skin Picking. Additionally I have worked with intensive exposure therapy for OCD and run an OCD treatment group for primary intrusive thoughts. I have 10 years of experience in CBT and Exposure Therapy for a variety of anxiety disorders.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

Mindfulness

Telemental Health

Virtual Reality Exposure

Other

POPULATIONS TREATED

Adolescents/Teens
Adults
Children
LGBTQI
Seniors

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Assessment
Behavioral Issues
Body Dysmorphic Disorder
Depression
Generalized Anxiety Disorder (GAD)
Health Anxiety
Hoarding
Intrusive Thoughts
LGBTQ+
Misophonia
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Phobias
Postpartum
Posttraumatic Stress Disorder (PTSD)
School Refusal
Selective Mutism Disorder
Separation Anxiety
Social Anxiety Disorder
Tourette's Syndrome
Trauma
Trichotillomania

PAYMENT OPTIONS

Accepts Credit Cards
Accepts Some Insurance
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>