



Lauren Edwards

Zip Code: 68198
Zip Postal: 68198-5575
Language: English
Populations Treated: Adults
Organization: University of Nebraska Medical Center
Treatment Options: In Office, Telehealth
Disorders Treated & Specialty: Trauma, Anxiety, Agoraphobia, Generalized Anxiety Disorder (GAD), Health Anxiety, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias, Posttraumatic Stress Disorder (PTSD), Separation Anxiety, Social Anxiety Disorder
Treatment Methods: Cognitive Behavioral Therapy (CBT), Medication Management, Psychopharmacology
Payment Options: Accepts Some Insurance, Accepts Credit Cards, Accepts Cash and/or Checks, Accepts Medicare, Accepts Medicaid
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City: Omaha
State/Province: Nebraska
Country: United States
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Degree: MD
Preferred Pronouns: she/her/hers
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Office Phone: 4025526007
Telehealth: Nebraska
Professional focus: Psychiatrist

ABOUT

Lauren Edwards, M.D., is an outpatient board-certified psychiatrist trained to treat all mental health concerns who specializes in anxiety and stress-related disorders. Her clinical interests include the effective management of anxiety disorders, coordination of medication with evidence-based psychotherapy, and the effects of diet/nutrition on mental illness and treatment. A Nebraska native, she earned her undergraduate degrees at the University of Nebraska-Lincoln before obtaining her medical degree at the University of Nebraska College of Medicine. She completed her psychiatric residency at the University of Michigan, where she also served as the outpatient chief resident. Dr. Edwards is a University of Michigan scholar in Integrative Medicine, a member of the American Psychiatric Association, and a longstanding member of the Anxiety and Depression Association of America.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)
Medication Management
Psychopharmacology

POPULATIONS TREATED

Adults

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Generalized Anxiety Disorder (GAD)
Health Anxiety
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Phobias
Posttraumatic Stress Disorder (PTSD)
Separation Anxiety
Social Anxiety Disorder
Trauma

PAYMENT OPTIONS

Accepts Cash and/or Checks
Accepts Credit Cards
Accepts Medicaid
Accepts Medicare
Accepts Some Insurance



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>