



## Loren Conaway

Email

lconawayphd@hushmail.com

Zip Code: 68144

Zip Postal: 68144

Language: English

Populations Treated: Adults, Adolescents/Teens

Treatment Options: Telehealth, In Office

Disorders Treated & Specialty: Depression, Stress, Social Anxiety Disorder, Phobias, Panic Attacks/Panic Disorder, Obsessive Compulsive Disorder (OCD), Intrusive Thoughts, Health Anxiety, Generalized Anxiety Disorder (GAD), Emetophobia, Trichotillomania, Anxiety, Agoraphobia

Treatment Methods: Mindfulness, Exposure Therapy, Cognitive Behavioral Therapy for Insomnia (CBT-I), Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT)

Payment Options: Accepts Cash and/or Checks, Accepts Credit Cards, Accepts Some Insurance

Address1: 11930 Arbor Street

Address2: Suite 203

Website: <http://lorenconawayphd.com>

City: Omaha

State/Province: Nebraska

Country: United States

Degree: PhD

Preferred Pronouns: she/her/hers

Email: lconawayphd@yahoo.com

Office Phone: 402-235-8128

Telehealth: Wyoming, Wisconsin, West Virginia, Washington, Virginia, Vermont, Utah, Connecticut, Kentucky, Kansas, Indiana, Illinois, Idaho, Georgia, Florida, District of Columbia, Delaware, Maine, Colorado, Arkansas, Arizona, Alabama, North Carolina, Texas, Tennessee, South Dakota, South Carolina, Rhode Island, Pennsylvania, Oklahoma, Ohio, North Dakota, New Jersey, New Hampshire, Nevada, Nebraska, Missouri, Mississippi, Minnesota, Michigan, Maryland

Professional focus: Psychologist

### ABOUT

I specialize into the treatment of anxiety disorders and related issues with children, adolescents and adults. I utilize cognitive-behavioral therapy (CBT) and acceptance and commitment therapy (ACT) to address worry, stress, anxiety and depression. I have specialized training in evidence based treatment of obsessive-compulsive disorder (exposure and response prevention), body focused repetitive behaviors (trichotillomania - hair pulling - and skin picking/lip chewing), panic disorder, phobias, social anxiety and generalized worries. I also treat depression, adjustment concerns and am CBT-I trained. I am a private practitioner. I provide in-person treatment as well as telehealth via a HIPAA secure portal. I am a member of PSYPACT, an interstate compact designed to facilitate the practice of telepsychology and access to services.

### TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Cognitive Behavioral Therapy for Insomnia (CBT-I)

Exposure Therapy

Mindfulness

### POPULATIONS TREATED

Adolescents/Teens  
Adults

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#### DISORDERS AND SPECIALITIES

Agoraphobia  
Anxiety  
Depression  
Emetophobia  
Generalized Anxiety Disorder (GAD)  
Health Anxiety  
Intrusive Thoughts  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Phobias  
Social Anxiety Disorder  
Stress  
Trichotillomania

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#### PAYMENT OPTIONS

Accepts Cash and/or Checks  
Accepts Credit Cards  
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.**

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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>