



**Meghan Keough**

Zip Code: 98026

Zip Postal: 98026-5023

Language: English

Populations Treated: Adults, Seniors, LGBTQI

Organization: Pacific Northwest Individual & Couple Therapy

Treatment Options: Telehealth

Disorders Treated & Specialty: Anxiety, Trichotillomania, Social Anxiety Disorder, Panic Attacks/Panic Disorder, Obsessive Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), Depression, Body Focused Repetitive Behaviors, Bipolar Disorder, Agoraphobia

Treatment Methods: Cognitive Behavioral Therapy (CBT), Exposure Therapy

Payment Options: Accepts Credit Cards

Address1: 7729 175th St SW

Website: <http://pacific-northwest-therapy.com>

City: Edmonds

State/Providence: Washington

Degree: PhD, MS, BS

Preferred Pronouns: she/her/hers

Email: [mkeough@pacific-northwest-therapy.com](mailto:mkeough@pacific-northwest-therapy.com)

Office Phone: 206-531-0043

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

Cell Phone: 206-779-7897

#### ABOUT

I am a licensed psychologist with over 20 years of clinical experience. My background and expertise are in working with individuals experiencing mood (both unipolar and bipolar) and anxiety disorders as well as OCD and related conditions such as skin picking and hair pulling. Seeking and engaging in psychological services can transform one's life but can also be intimidating. My goal as a therapist is to meet my patients where they are at and collaborate with them to identify and work toward their treatment goals. I work to empower my patients through a focus on bolstering their strengths and acquiring new tools. To do this, I employ Cognitive Behavioral Therapies as well as complementary therapeutic modalities.

#### TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

#### POPULATIONS TREATED

Adults

LGBTQI

Seniors

#### DISORDERS AND SPECIALITIES

Agoraphobia  
Anxiety  
Bipolar Disorder  
Body Focused Repetitive Behaviors  
Depression  
Generalized Anxiety Disorder (GAD)  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Social Anxiety Disorder  
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>