



**Alec Pollard**

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Zip Code: 63110

Zip Postal: 63110-1440

Language: English

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

**Organization:** Center for OCD & Anxiety-Related Disorders

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

**Disorders Treated & Specialty:** Body Dysmorphic Disorder, Agoraphobia, Anxiety, Autism Spectrum Disorder, Depression, Hoarding, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Selective Mutism Disorder, Tourette's Syndrome, Trauma, Trichotillomania

**Treatment Methods:** Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Exposure Therapy, Intensive Exposure Therapy Protocols, Medication Referral, Mindfulness

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

**Address1:** 1129 Macklind Ave

**Website:** <http://www.slbmi.com>

**City:** Saint Louis

**State/Providence:** Missouri

**Country:** United States

**Degree:** PhD

**Preferred Pronouns:** he/him/his

**Email:** [pollarda@slu.edu](mailto:pollarda@slu.edu)

**Office Phone:** (314) 534-0200 x424

**Cell Phone:** 314-452-2889

**Professional focus:** Researcher, Psychologist

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#### ABOUT

Founding Director center for the evaluation, treatment, and study of OCD and anxiety related disorders. Cognitive-behavioral psychotherapy, medication, family counseling. Full range of services, including specialized, intensive program for difficult-to-treat conditions.

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#### TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

Medication Referral

Mindfulness

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#### POPULATIONS TREATED

Adolescents/Teens

Adults

Children

Families

LGBTQI  
Seniors

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#### DISORDERS AND SPECIALITIES

Agoraphobia  
Anxiety  
Autism Spectrum Disorder  
Body Dysmorphic Disorder  
Depression  
Hoarding  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Posttraumatic Stress Disorder (PTSD)  
Selective Mutism Disorder  
Tourette's Syndrome  
Trauma  
Trichotillomania

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#### PAYMENT OPTIONS

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

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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>