



Alison Alden

Zip Code: 60015

Zip Postal: 60015-4933

Language: English

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

Organization: The Anxiety Treatment Center of Greater Chicago

Treatment Options: Phone Consultations, Home Visits

Disorders Treated & Specialty: Agoraphobia, Trichotillomania, Selective Mutism Disorder, Posttraumatic Stress Disorder (PTSD), Panic Attacks/Panic Disorder, Obsessive Compulsive Disorder (OCD), Hoarding, Depression, Attention-Deficit/Hyperactivity Disorder, Anxiety
Treatment Methods: Mindfulness, Intensive Exposure Therapy Protocols, Exposure Therapy, Dialectical Behavioral Therapy (DBT), Cognitive Behavioral Therapy (CBT)

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

Address1: 707 Lake Cook Rd

Address2: Ste 310

Website: <http://anxietytreatmentcenter.com/our-doctors/alison-alden/>

City: Deerfield

State/Providence: Illinois

Country: United States

Degree: PhD, MS, BA

Preferred Pronouns: she/her/hers

Email: aalden@anxietytreatmentcenter.com

Office Phone: (847) 559-0001 x43

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

Professional focus: Psychologist

ABOUT

Experience and Training: Dr. Alison Alden earned her Ph.D. from Northwestern University in Evanston, IL where she focused on researching and treating anxiety. She then completed a post-doctoral fellowship at Northwestern Memorial Hospital, working with patients suffering from severe mental illness and personality disorders. She has extensive training and experience in cognitive behavioral therapy for anxiety, OCD, and mood disorders, and integrates mindfulness and dialectical behavior therapy (DBT) into her practice. Dr. Alden has published several research articles and book chapters on anxiety, depression, and emotion regulation, and has presented talks and posters to state and national professional organizations. She has also taught in Northwestern University's School of Continuing Studies. Dr. Alden is a member of the American Psychological Association (APA) and Anxiety and Depression Association of America (ADAA). **Philosophy of Care:** Dr. Alden approaches her work with warmth, flexibility, and gentle humor. Recognizing the incredible courage and strength that it takes for patients to overcome their anxiety, she believes that therapy begins with a strong and collaborative therapeutic relationship. Much of her work involves asking patients to directly face the thoughts and situations that scare them, and Dr. Alden strives to be in trenches facing these situations alongside them. She applies research-based, gold standard treatments based on a thorough understanding of the unique problems faced by each individual. Her ultimate goal is to help patients develop the skills and understanding to both overcome their current difficulties and better deal with whatever life may throw at them. **Special Interests:** Dr. Alden enjoys working with patients with all anxiety, obsessive-compulsive spectrum, and mood disorders. She is particularly skilled in working with adults and older adolescents and in helping individuals tackle social anxiety and panic disorder. In addition, she has experience treating adult ADHD and difficulties regulating emotions and/or relating to others. Outside the office, Dr. Alden enjoys spending time with her husband and family and getting together with friends for regular game nights. She is also an avid reader and television enthusiast.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)
Dialectical Behavioral Therapy (DBT)
Exposure Therapy
Intensive Exposure Therapy Protocols
Mindfulness

POPULATIONS TREATED

Adolescents/Teens
Adults
Children
Seniors

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Attention-Deficit/Hyperactivity Disorder
Depression
Hoarding
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Posttraumatic Stress Disorder (PTSD)
Selective Mutism Disorder
Trichotillomania

PAYMENT OPTIONS

Accepts Cash and/or Checks
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.

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>