



**Andrew Colsky**

Zip Code: 22202

Zip Postal: 22202-1940

Language: English

Populations Treated: Adults, Seniors, Couples, Families, LGBTQI, Adolescents/Teens

Organization: Center for Professional Counseling, PLC

Treatment Options: Telehealth, Phone Consultations

Disorders Treated & Specialty: Generalized Anxiety Disorder (GAD), Agoraphobia, Anxiety, Body Focused Repetitive Behaviors, Emetophobia, Hoarding, Intrusive Thoughts, Misophonia, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias, Posttraumatic Stress Disorder (PTSD), Sleep Disorders, Social Anxiety Disorder, Tourette's Syndrome, Trauma, Trichotillomania

Treatment Methods: Virtual Reality Exposure, Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Cognitive Behavioral Therapy for Insomnia (CBT-I), EMDR, Exposure Therapy, Intensive Exposure Therapy Protocols, Mindfulness, Telemental Health

Payment Options: Accepts Credit Cards

Address1: 1200 S Arlington Ridge Rd

Address2: Apt 104

Website: <http://www.stopmyocd.com>

City: Arlington

State/Province: Virginia

Country: United States

Degree: LPC

Preferred Pronouns: he/him/his

Email: [acolsky@centerforprofessionalcounseling.com](mailto:acolsky@centerforprofessionalcounseling.com)

Office Phone: 571-527-8197

Telehealth: Florida, Virginia

Cell Phone: 5715278197

Professional focus: Counselor

## ABOUT

Andrew Colsky is a former practicing attorney turned mental health counselor with a private practice dedicated to anxiety, Obsessive-Compulsive Disorder (OCD), Tourette Disorder, insomnia and Trauma. He is owner of Center for Professional Counseling, PLC and serves both professional and non-professional clients. Mr. Colsky has been educated at some of the finest institutions in the country including Harvard University, Emory University, University of Virginia, University of Pennsylvania, University of Florida, University of Miami, NOVA Southeastern University and Naval Postgraduate School. He is specially trained to treat OCD, Tourette Disorder and Insomnia. For trauma, he is trained in Eye Movement Desensitization and Reprocessing Therapy (EMDR). He uses techniques such as Cognitive Behavioral Therapy (CBT), Exposure and Response Prevention (ERP), I-CBT, CBIT, CBT-I Prolonged Exposure Therapy (PET), and Mindfulness. Mr. Colsky works with clients seeking to conquer issues with Anxiety, Panic Attacks, Obsessive/Compulsive Disorder (OCD), Tic disorder, insomnia and trauma. He understands clients' desire for, and absolute right to privacy so he maintains an exclusively on-line practice using HIPAA compliant encrypted video software and maintains all records in his private, encrypted practice management software. Online therapy ensures your privacy and maximizes convenience for busy clients. It allows you to avoid traveling to a public office and waiting in a crowded waiting room. Nobody will ever know you are in therapy unless you choose to tell them.

## TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Cognitive Behavioral Therapy for Insomnia (CBT-I)

EMDR  
Exposure Therapy  
Intensive Exposure Therapy Protocols  
Mindfulness  
Telemental Health  
Virtual Reality Exposure

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#### POPULATIONS TREATED

Adolescents/Teens  
Adults  
Couples  
Families  
LGBTQI  
Seniors

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#### DISORDERS AND SPECIALITIES

Agoraphobia  
Anxiety  
Body Focused Repetitive Behaviors  
Emetophobia  
Generalized Anxiety Disorder (GAD)  
Hoarding  
Intrusive Thoughts  
Misophonia  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Phobias  
Posttraumatic Stress Disorder (PTSD)  
Sleep Disorders  
Social Anxiety Disorder  
Tourette's Syndrome  
Trauma  
Trichotillomania

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#### PAYMENT OPTIONS

Accepts Credit Cards



#### ABOUT ANXIETY & DEPRESSION ASSOCIATION (ADAA)

*ADAA's Find Your Therapist Directory connects YOU with licensed mental health professionals/counselors, with clinical licenses and who have expertise in anxiety, depression, OCD, PTSD, and co-occurring disorders.*

*We are increasing the number of mental health professionals listed. We also list ADAA members who work for behavioral health clinics.*

*If you cannot find a therapist, contact your medical provider, your insurance company, or other lists of licensed mental health professionals.*

*Please note that US clinicians are not able to see clients outside of the US due to licensing restrictions.*

*Please note that clinicians in the directory who do not state that they participate in an insurance plan do not take 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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*For the ADAA mental health professionals, this directory also helps you connect with potential patients. To join the directory, contact [membership@adaa.org](mailto:membership@adaa.org).*

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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 Chose 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 Depression, MDD, PTSD, OCD and Suicide**

<https://adaa.org/resources-news/from-adaa-experts/videos>

**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 Support Community**

<https://adaa.org/find-help/support>

**Meet ADAA's Institutional Members**

<https://adaa.org/professionals/Institutional-Memberships>

**For Therapists: Watch ADAA's Find Your Therapist Video**

<https://youtu.be/Eq3zOzbfGoU>