



**Christine Boudreau**

Zip Code: 75034

Zip Postal: 75034

Language: English

Populations Treated: Adults, Adolescents/Teens, Children

Organization: Dots Wellness

Treatment Options: Phone Consultations, Telehealth

Disorders Treated & Specialty: Tourette's Syndrome, Trichotillomania, Trauma, Tinnitus Distress, Tardive Dyskinesia, Suicidal Ideation, Substance Abuse, Stress, Social Anxiety Disorder, Sleep Disorders, Separation Anxiety, Chronic Illness, Body Focused Repetitive Behaviors, Body Dysmorphic Disorder, Behavioral Issues, Attention-Deficit/Hyperactivity Disorder, Anxiety, Agoraphobia, Depression, Eating Disorders, Emetophobia, Generalized Anxiety Disorder (GAD), Health Anxiety, Hoarding, Intrusive Thoughts, Irritable Bowel Syndrome (IBS), MDD, Misophonia, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias, Postpartum, Posttraumatic Stress Disorder (PTSD), Self-Harm

Treatment Methods: Cognitive Behavioral Therapy (CBT), Alternative Therapies, Acceptance and Commitment Therapy (ACT), Compassion-Focused Therapy, Dialectical Behavioral Therapy (DBT), Exposure Therapy, Mindfulness, Telemental Health, Other

Payment Options: Accepts Credit Cards

Address1: 123 Main

Website: <https://www.dotswellness.com/>

City: Frisco

State/Providence: Texas

Country: United States

Degree: MBA, MA, LPC

Email: [christine@dotswellness.com](mailto:christine@dotswellness.com)

Office Phone: 469-430-9955

Telehealth: Texas

Professional focus: Counselor, Other

## ABOUT

Hi! I'm Christine Boudreau, functional medicine practitioner & psychotherapist specializing in anxiety, OCD, ADHD, & co-occurring disorders. For 40+ years, I've lived with OCD, anxiety, & ADHD. I get your struggle. Work with me, & you'll experience release from intrusive thoughts, anxious worrying, & persistent hyperactivity. Anxiety/ADHD/OCD is not just one thing. It's a complex set of root causes that intersect, like genetics, trauma, gut health, & biochemistry. Therefore, I treat BOTH mind & body. When you fix root cause, it quiets the noise of ADHD, OCD, & anxiety. You experience improved concentration, peaceful calm, and increased positive thoughts. As a gut-brain expert, I'll teach you natural treatments for anxiety, ADHD, & OCD. You'll resolve your gut health, increase your nutrient absorption, process past painful experiences, and improve your life. Join thousands of people who are no longer prisoners of their own minds. Meet with me in the nurturing environment of your own home via secure telehealth. I offer virtual therapy for anxiety, ADHD, OCD & co-occurring disorders across Texas, including the metro areas Austin, Dallas, San Antonio, & Houston. Call me today and experience lasting relief from ADHD, anxiety, and OCD. Book a session now at <https://www.dotswellness.com/>

## TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Alternative Therapies

Cognitive Behavioral Therapy (CBT)

Compassion-Focused Therapy

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

Mindfulness  
Telemental Health  
Other

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#### POPULATIONS TREATED

Adolescents/Teens  
Adults  
Children

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#### DISORDERS AND SPECIALITIES

Agoraphobia  
Anxiety  
Attention-Deficit/Hyperactivity Disorder  
Behavioral Issues  
Body Dysmorphic Disorder  
Body Focused Repetitive Behaviors  
Chronic Illness  
Depression  
Eating Disorders  
Emetophobia  
Generalized Anxiety Disorder (GAD)  
Health Anxiety  
Hoarding  
Intrusive Thoughts  
Irritable Bowel Syndrome (IBS)  
MDD  
Misophonia  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Phobias  
Postpartum  
Posttraumatic Stress Disorder (PTSD)  
Self-Harm  
Separation Anxiety  
Sleep Disorders  
Social Anxiety Disorder  
Stress  
Substance Abuse  
Suicidal Ideation  
Tardive Dyskinesia  
Tinnitus Distress  
Tourette's Syndrome  
Trauma  
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>