



Cynthia Keeran

Zip Code: 87109

Zip Postal: 87109-1500

Language: English

Populations Treated: Adults

Organization: Dr. Cynthia Keeran, Ph.D., Inc.

Treatment Options: In Office, Telehealth, Phone Consultations

Disorders Treated & Specialty: Generalized Anxiety Disorder (GAD), Agoraphobia, Anxiety, Emetophobia, Health Anxiety, Intrusive Thoughts, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias, Social Anxiety Disorder, Stress

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

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

Address1: 7510 Montgomery Blvd NE

Address2: Ste 205

City: Albuquerque

State/Province: New Mexico

Country: United States

Degree: PhD, LPCC

Email: Drkeeran1@gmail.com

Office Phone: (505) 249-1374

Telehealth: New Mexico

Cell Phone: 505-249-1374

Professional focus: Psychologist

ABOUT

I am a clinician in private practice specializing in the compassionate and effective treatment of Obsessive-Compulsive Disorder (OCD) and other anxiety disorders for over 10 years. My treatment approach encompasses evidence-based modalities, prominently Cognitive Behavioral Therapy (CBT), the leading evidence based treatment for OCD and anxiety. I utilize Exposure Response Prevention (ERP) and Inference-Based Cognitive Behavioral Therapy (I-CBT), both established as leading treatments for OCD, alongside other proven CBT interventions like Acceptance Commitment Therapy (ACT) and Mindfulness-based strategies. I offer in-office or virtual sessions, accept private payment and some insurance. Approximately 95% of my practice focuses on individuals with OCD.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Compassion-Focused Therapy

EMDR

Exposure Therapy

Mindfulness

Telemental Health

Other

POPULATIONS TREATED

Adults

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Emetophobia
Generalized Anxiety Disorder (GAD)
Health Anxiety
Intrusive Thoughts
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Phobias
Social Anxiety Disorder
Stress

PAYMENT OPTIONS

Accepts Cash and/or Checks
Accepts Credit Cards
Accepts Medicaid
Accepts Some Insurance



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.

For the ADAA mental health professionals, this directory also helps you connect with potential patients. To join the directory, contact membership@adaa.org.

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 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

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>