



Diana Damer

Zip Code: 78757

Zip Postal: 78757-6809

Language: English

Populations Treated: Children, Adolescents/Teens, Adults, BIPOC, Seniors, Couples, Families, LGBTQI, People W/ Disabilities, Veterans

Organization: Anxiety Treatment Center of Austin

Treatment Options: Group Therapy, Home Visits, In Office, Telehealth, Phone Consultations

Disorders Treated & Specialty: Agoraphobia, Anxiety, Autism Spectrum Disorder, Behavioral Issues, Body Dysmorphic Disorder, Body Focused Repetitive Behaviors, Depression, Eating Disorders, Emetophobia, Generalized Anxiety Disorder (GAD), Health Anxiety, Intrusive Thoughts, Irritable Bowel Syndrome (IBS), LGBTQ+, MDD, Misophonia, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias, Postpartum, Posttraumatic Stress Disorder (PTSD), Selective Mutism Disorder, School Refusal, Separation Anxiety, Sleep Disorders, Social Anxiety Disorder, Stress, Tourette's Syndrome, Trauma, Trichotillomania

Treatment Methods: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Cognitive Behavioral Therapy for Insomnia (CBT-I), Compassion-Focused Therapy, Exposure Therapy, Intensive Exposure Therapy Protocols, Interpersonal Therapy (IPT), Mindfulness, Telemental Health

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

Address1: 8701 Shoal Creek Blvd

Address2: Ste 404

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

City: Austin

State/Providence: Texas

Degree: PhD

Preferred Pronouns: she/her/hers

Email: diana@anxietyaustin.com

Office Phone: 512-879-1836 x2

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

Cell Phone: 512-922-4844

ABOUT

I opened the Anxiety Treatment Center of Austin in 2012 after serving as the Anxiety Specialist and Program Director for Group Services at the Counseling and Mental Health Center at the University of Texas at Austin. My 30 years of clinical experience has spanned a wide variety of roles and settings; however, from day one, it has included cognitive behavioral therapy for anxiety disorders and a commitment to providing empirically supported treatment. In addition to serving Texans, I am able to offer teletherapy in all PSYPACT states. Each Anxiety Treatment Center of Austin clinician is an anxiety specialist. While we do work with the full spectrum of anxiety problems, we each have specialized areas of experience. We offer coordinated, individualized, compassionate treatment, and our treatment model is focused on using the most up-to-date and effective methods of intervention.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Cognitive Behavioral Therapy for Insomnia (CBT-I)

Compassion-Focused Therapy

Exposure Therapy

Intensive Exposure Therapy Protocols
Interpersonal Therapy (IPT)
Mindfulness
Telemental Health

POPULATIONS TREATED

Adolescents/Teens
Adults
BIPOC
Children
Couples
Families
LGBTQI
People W/ Disabilities
Seniors
Veterans

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Autism Spectrum Disorder
Behavioral Issues
Body Dysmorphic Disorder
Body Focused Repetitive Behaviors
Depression
Eating Disorders
Emetophobia
Generalized Anxiety Disorder (GAD)
Health Anxiety
Intrusive Thoughts
Irritable Bowel Syndrome (IBS)
LGBTQ+
MDD
Misophonia
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Phobias
Postpartum
Posttraumatic Stress Disorder (PTSD)
School Refusal
Selective Mutism Disorder
Separation Anxiety
Sleep Disorders
Social Anxiety Disorder
Stress
Tourette's Syndrome
Trauma
Trichotillomania

PAYMENT OPTIONS

Accepts Cash and/or Checks
Accepts Credit Cards
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.

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>