



**Elaine Bruckner**

Zip Code: 43551

Zip Postal: 43551

Language: English

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

**Organization:** The Anxiety Treatment Center of Greater Toledo

**Treatment Options:** In Office, Telehealth, Phone Consultations

**Disorders Treated & Specialty:** Other, Emetophobia, Agoraphobia, Anxiety, Body Dysmorphic Disorder, Depression, Eating Disorders, Generalized Anxiety Disorder (GAD), Health Anxiety, Hoarding, Intrusive Thoughts, Irritable Bowel Syndrome (IBS), Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias, Posttraumatic Stress Disorder (PTSD), Social Anxiety Disorder, Stress, Trauma, Trichotillomania

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

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

**Address1:** 1070 Commerce Dr

**Address2:** Building 2 Ste 301

**Website:** <https://www.atctoledo.com/>

**City:** Perrysburg

**State/Providence:** Ohio

**Country:** United States

**Degree:** PhD

**Preferred Pronouns:** she/her/hers

**Email:** ebruckner@atctoledo.com

**Office Phone:** (419) 931-3029

**Telehealth:** Ohio

**Cell Phone:** 4192658206

**Professional focus:** Psychologist

## ABOUT

Dr. Bruckner specializes in the cognitive-behavioral treatment of anxiety (Panic Disorder, OCD, General Anxiety Disorder, Social Phobia, PTSD, Specific Phobia), Anxiety-Spectrum Disorders (Health Anxiety, Trichotillomania), depression, and eating and health-related issues (binge eating, restrictive eating, obesity). She earned her Masters and Doctoral degrees in Clinical Psychology from the University of Health Sciences/The Chicago Medical School and completed a Postdoctoral Fellowship in Cognitive Therapy at the University of Pennsylvania's Center for Cognitive Therapy. She works with adolescents and adults and accepts some insurance.

## TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Compassion-Focused Therapy

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

Mindfulness

Telemental Health

## POPULATIONS TREATED

Adolescents/Teens  
Adults  
Couples  
LGBTQI  
Seniors

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#### DISORDERS AND SPECIALITIES

Agoraphobia  
Anxiety  
Body Dysmorphic Disorder  
Depression  
Eating Disorders  
Emetophobia  
Generalized Anxiety Disorder (GAD)  
Health Anxiety  
Hoarding  
Intrusive Thoughts  
Irritable Bowel Syndrome (IBS)  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Phobias  
Posttraumatic Stress Disorder (PTSD)  
Social Anxiety Disorder  
Stress  
Trauma  
Trichotillomania  
Other

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#### PAYMENT OPTIONS

Accepts Cash and/or Checks  
Accepts Credit Cards  
Accepts Medicare  
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.**

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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>