



Elizabeth Nelson

Zip Code: 80222
Zip Postal: 80222
Language: English, Spanish
Populations Treated: Adults
Organization: Inner Resources Inc.
Treatment Options: In Office, Telehealth, Phone Consultations
Disorders Treated & Specialty: Trichotillomania, Social Anxiety Disorder, Anxiety, Depression, Grief, Health Anxiety, MDD, Panic Attacks/Panic Disorder, Phobias
Treatment Methods: Cognitive Behavioral Therapy (CBT), Exposure Therapy, Medication Referral, Mindfulness
Payment Options: Accepts Credit Cards, Accepts Cash and/or Checks
Address1: 1777 S Bellaire St
Address2: Ste 417
Website: <https://innerresourcestherapy.com>
City: Denver
State/Providence: Colorado
Country: United States
Degree: PhD
Preferred Pronouns: she/her/hers
Email: enelsonphd@gmail.com
Office Phone: (303) 870-9195
Telehealth: New York, Colorado, Illinois
Cell Phone: 303-870-9195
Professional focus: Psychologist

ABOUT

I specialize in cognitive-behavioral (CBT) for adults, and incorporate techniques based in mindfulness and polyvagal theory. As we work together, you learn a set of practical tools to help with how you're thinking and what you're doing in difficult situations, so you can feel better and move forward in your life. It's important not only that you feel better through our work together, but also that you know exactly what you did to get there, so you are confident in how to help yourself continue to feel well going forward. Generally, 1:1 treatment with me is short-term (6-20 sessions). We use session time to understand the issues in your life, and to practice skills that are likely to help. Then, I help you identify what you can try between sessions to see what works, or doesn't, and make it work better! I am also trained in polyvagal theory (PVT)-informed therapy and inner focusing techniques, which we can add in as appropriate for you. If you want to change how you feel and show up in your life, please go to InnerResourcesTherapy.com or call me to schedule a consultation at 303-870-9195.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)
Exposure Therapy
Medication Referral
Mindfulness

POPULATIONS TREATED

Adults

DISORDERS AND SPECIALITIES

Anxiety
Depression
Grief
Health Anxiety
MDD
Panic Attacks/Panic Disorder
Phobias
Social Anxiety Disorder
Trichotillomania

PAYMENT OPTIONS

Accepts Cash and/or Checks
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.

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>