



**Jayme Kolbo**

Zip Code: 55114

Zip Postal: 55114-1581

Language: English

Populations Treated: Children, Adolescents/Teens, Adults

Organization: OCD & Anxiety Wellness Collective

Treatment Options: In Office, Telehealth, Phone Consultations

Disorders Treated & Specialty: Social Anxiety Disorder, Stress, Suicidal Ideation, Trichotillomania, Separation Anxiety, Depression, Agoraphobia, Anxiety, BIPOC, Body Dysmorphic Disorder, Body Focused Repetitive Behaviors, Emetophobia, Generalized Anxiety Disorder (GAD), Health Anxiety, Hoarding, Intrusive Thoughts, Irritable Bowel Syndrome (IBS), LGBTQ+, MDD, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias, Postpartum, Self-Harm

Treatment Methods: Other, Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Exposure Therapy, Medication Referral, Mindfulness, Telemental Health

Payment Options: Accepts Credit Cards, Accepts Cash and/or Checks, Sliding Scale

Address1: 821 Raymond Ave

Address2: Ste 315

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

City: Saint Paul

State/Providence: Minnesota

Degree: MA

Preferred Pronouns: she/her/hers

Email: [jayme@ocdanxietywellnessco.com](mailto:jayme@ocdanxietywellnessco.com)

Office Phone: 6122342205

Telehealth: Minnesota

## ABOUT

Hello! My name is Jayme and I am a Licensed Professional Clinical Counselor in Saint Paul, MN. I specialize in providing evidence-based therapy to individuals with chronic anxiety, doubt, shame, and repetitive behaviors. I know the deep healing that can happen through therapy, which has changed my life, and it is an honor and privilege to work as a therapist and help others find their strength, renew their hope, and live in alignment with their highest selves. I believe in practicing what I preach and continuing to do my own work to better relate to and help the individuals I serve. I aim to provide a compassionate, accepting, and collaborative therapy environment with an emphasis on whole-person healing. I am committed to providing a safe, welcoming, and inclusive space with regard to all races, genders, sexual orientations, abilities, religions, ages, and all people. I am aware of my privilege as a white, cis-gender, heterosexual female and actively work to be aware of and challenge the biases I grew up with living in America. I welcome an open dialogue in regard to any and all issues so we can create an authentic, genuine connection and a safe space for your healing.

## TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

Medication Referral

Mindfulness

Telemental Health

Other

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#### POPULATIONS TREATED

Adolescents/Teens  
Adults  
Children

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#### DISORDERS AND SPECIALITIES

Agoraphobia  
Anxiety  
BIPOC  
Body Dysmorphic Disorder  
Body Focused Repetitive Behaviors  
Depression  
Emetophobia  
Generalized Anxiety Disorder (GAD)  
Health Anxiety  
Hoarding  
Intrusive Thoughts  
Irritable Bowel Syndrome (IBS)  
LGBTQ+  
MDD  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Phobias  
Postpartum  
Self-Harm  
Separation Anxiety  
Social Anxiety Disorder  
Stress  
Suicidal Ideation  
Trichotillomania

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#### PAYMENT OPTIONS

Accepts Cash and/or Checks  
Accepts Credit Cards  
Sliding Scale



## 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>