



## 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

 $\mathsf{Degree} \colon \mathsf{MA}$ 

Preferred Pronouns: she/her/hers
Email: 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

## POPULATIONS TREATED

Adolescents/Teens

Adults

Children

## **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

## 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 propose 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.

#### **ADAA** Website

https://adaa.org/

### 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 and the state of t

### Watch ADAA's Short "What is" Videos on Anxiety, Depression, MDD, PTD, 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

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