



Joseph Bardeen

Zip Code: 50266

Zip Postal: 50266-7723

Language: English

Populations Treated: Adults, LGBTQI

Organization: Anxiety & OCD Treatment Services, PLLC

Treatment Options: Telehealth, Phone Consultations

Disorders Treated & Specialty: Trauma, Social Anxiety Disorder, Agoraphobia, Anxiety, Emetophobia, Generalized Anxiety Disorder (GAD), Health Anxiety, Intrusive Thoughts, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias, Posttraumatic Stress Disorder (PTSD)

Treatment Methods: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Exposure Therapy, Intensive Exposure Therapy Protocols, Mindfulness

Payment Options: Accepts Credit Cards

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State/Province: Iowa

Country: United States

Home Email: jbardeen@hotmail.com

Degree: PhD

Preferred Pronouns: he/him/his

Email: jbardeen@anxietytreatmentonline.com

Office Phone: 515-216-0679

Telehealth: Alabama, Florida, Iowa

Cell Phone: 515-216-0679

Professional focus: Psychologist

ABOUT

Dr. Bardeen is a licensed clinical psychologist in Alabama, Iowa, and Florida that specializes in evidence-based treatments - which are those that are supported by research - for individuals with anxiety and related disorders. Because it is difficult to find well-trained mental health professionals who specialize in providing the most up-to-date treatments to those suffering from anxiety and related disorders, it is his goal to provide clients with evidence-based treatments in a manner that increases access to those in Iowa and Alabama who might not otherwise have it via online therapy, or videoconferencing. Dr. Bardeen specializes in working with clients who are dealing with trauma- and anxiety-related concerns, including posttraumatic stress disorder (PTSD), panic attacks, agoraphobia, social anxiety, generalized anxiety and worry, and phobias. Dr. Bardeen approaches client problems from a cognitive-behavioral perspective, with special expertise in the use of exposure therapy for PTSD and anxiety-related concerns, while also leaving room for the flexibility to integrate treatment techniques from other modalities when necessary.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

Mindfulness

POPULATIONS TREATED

Adults
LGBTQI

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Emetophobia
Generalized Anxiety Disorder (GAD)
Health Anxiety
Intrusive Thoughts
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Phobias
Posttraumatic Stress Disorder (PTSD)
Social Anxiety Disorder
Trauma

PAYMENT OPTIONS

Accepts Credit Cards



ABOUT ANXIETY & DEPRESSION ASSOCIATION (ADAA)

ADAA's Find Your Therapist Directory connects YOU with licensed mental health professionals/counselors, with clinical licenses and who have expertise in anxiety, depression, OCD, PTSD, and co-occurring disorders.

We are increasing the number of mental health professionals listed. We also list ADAA members who work for behavioral health clinics.

If you cannot find a therapist, contact your medical provider, your insurance company, or other lists of licensed mental health professionals.

Please note that US clinicians are not able to see clients outside of the US due to licensing restrictions.

Please note that clinicians in the directory who do not state that they participate in an insurance plan do not take 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.

For the ADAA mental health professionals, this directory also helps you connect with potential patients. To join the directory, contact membership@adaa.org.

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 Chose 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 Depression, MDD, PTSD, OCD and Suicide

<https://adaa.org/resources-news/from-adaa-experts/videos>

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 Support Community

<https://adaa.org/find-help/support>

Meet ADAA's Institutional Members

<https://adaa.org/professionals/Institutional-Memberships>

For Therapists: Watch ADAA's Find Your Therapist Video

<https://youtu.be/Eq3zOzbfGoU>