



Kristina Murr

Zip Code: 30062

Zip Postal: 30062-4197

Language: English

Populations Treated: Children, Adolescents/Teens, Adults, BIPOC, Seniors, Couples, Families, LGBTQI, People W/ Disabilities, Veterans, Other

Organization: Awaken Counseling, LLC

Treatment Options: In Office, Telehealth, Phone Consultations

Disorders Treated & Specialty: Academic Underachievement, Agoraphobia, Anger Management, Anxiety, Assessment, Attention-Deficit/Hyperactivity Disorder, Autism Spectrum Disorder, Behavioral Issues, BIPOC, Bipolar Disorder, Body Dysmorphic Disorder, Body Focused Repetitive Behaviors, Borderline Personality Disorder (BPD), Chronic Illness, Depression, Developmental Disorders, Divorce, Eating Disorders, Emetophobia, Emotional Disturbance, Family Conflict, Gender Identity, Generalized Anxiety Disorder (GAD), Grief, Health Anxiety, Hoarding, Infertility, Intrusive Thoughts, Irritable Bowel Syndrome (IBS), LGBTQ+, MDD, Misophonia, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias, Postpartum, Posttraumatic Stress Disorder (PTSD), Selective Mutism Disorder, School Refusal, Self-Harm, Separation Anxiety, Sleep Disorders, Social Anxiety Disorder, Stress, Substance Abuse, Suicidal Ideation, Tardive Dyskinesia, Tinnitus Distress, Tourette's Syndrome, Trauma, Trichotillomania, Other

Treatment Methods: Acceptance and Commitment Therapy (ACT), Alternative Therapies, Cognitive Behavioral Therapy (CBT), Cognitive Behavioral Therapy for Insomnia (CBT-I), Compassion-Focused Therapy, Dialectical Behavioral Therapy (DBT), EMDR, Exposure Therapy, Intensive Exposure Therapy Protocols, Interpersonal Therapy (IPT), Medication Management, Medication Referral, Mindfulness, Psychopharmacology, Telemental Health, Virtual Reality Exposure, Other

Payment Options: Accepts Credit Cards

Address1: 3855 Shallowford Rd

Address2: Ste 515

Website: <https://awakencounseling.com>

City: Marietta

State/Province: Georgia

Country: United States

Degree: LPC

Preferred Pronouns: she/her/hers

Email: kristina@awakencounseling.com

Office Phone: 6783100358

Telehealth: Georgia

Cell Phone: 9124298516

Professional focus: Counselor

ABOUT

Founded in 2015, Awaken Counseling is a group of expert licensed therapists who are stress and anxiety specialists. Life's challenges can be scary, but you don't have to face them alone: We're here to guide you towards a more fulfilling life and help you create lasting change. At Awaken Counseling, we don't take the power of the therapeutic relationship lightly. Our dedicated team of specialized therapists ensures you'll be matched with someone who holds deep expertise in your area of need, and our commitment to smaller caseloads means you'll receive the time and attention you deserve. Our cozy office feels warm and inviting, providing an environment where clients feel safe and comfortable to open up - a crucial component of the therapy journey. As large, corporate group practices that rely on a revolving door lineup of therapists and impersonal, venture capital-backed therapy services begin to dominate the mental health space, we remain guided by our mission: to provide individualized and impactful therapy that helps our clients create lives full of joy, purpose and meaning.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)
Alternative Therapies
Cognitive Behavioral Therapy (CBT)
Cognitive Behavioral Therapy for Insomnia (CBT-I)
Compassion-Focused Therapy
Dialectical Behavioral Therapy (DBT)
EMDR
Exposure Therapy
Intensive Exposure Therapy Protocols
Interpersonal Therapy (IPT)
Medication Management
Medication Referral
Mindfulness
Psychopharmacology
Telemental Health
Virtual Reality Exposure
Other

POPULATIONS TREATED

Adolescents/Teens
Adults
BIPOC
Children
Couples
Families
LGBTQI
People W/ Disabilities
Seniors
Veterans
Other

DISORDERS AND SPECIALITIES

Academic Underachievement
Agoraphobia
Anger Management
Anxiety
Assessment
Attention-Deficit/Hyperactivity Disorder
Autism Spectrum Disorder
Behavioral Issues
BIPOC
Bipolar Disorder
Body Dysmorphic Disorder
Body Focused Repetitive Behaviors
Borderline Personality Disorder (BPD)
Chronic Illness
Depression
Developmental Disorders
Divorce
Eating Disorders
Emetophobia
Emotional Disturbance
Family Conflict
Gender Identity
Generalized Anxiety Disorder (GAD)
Grief
Health Anxiety
Hoarding
Infertility
Intrusive Thoughts
Irritable Bowel Syndrome (IBS)
LGBTQ+
MDD
Misophonia
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Phobias
Postpartum

Posttraumatic Stress Disorder (PTSD)
School Refusal
Selective Mutism Disorder
Self-Harm
Separation Anxiety
Sleep Disorders
Social Anxiety Disorder
Stress
Substance Abuse
Suicidal Ideation
Tardive Dyskinesia
Tinnitus Distress
Tourette's Syndrome
Trauma
Trichotillomania
Other

PAYMENT OPTIONS

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>