



Lisa Anderson

Zip Code: 55454
Zip Postal: 55454
Language: English
Populations Treated: Adults, Adolescents/Teens
Organization: University of Minnesota, Dept of Psychiatry & Behavioral Sciences
Treatment Options: Telehealth, In Office
Disorders Treated & Specialty: Obsessive Compulsive Disorder (OCD), MDD, Eating Disorders, Depression, Anxiety
Treatment Methods: Cognitive Behavioral Therapy (CBT), Telemental Health, Exposure Therapy, Cognitive Behavioral Therapy for Insomnia (CBT-I)
Payment Options: Accepts Some Insurance
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State/Province: Minnesota
Country: United States
Degree: PhD
Preferred Pronouns: she/her/hers
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Professional focus: Psychologist, Researcher

ABOUT

Dr. Anderson has been trained to provide individual, group, and family psychotherapy to adolescents and adults. Dr. Anderson's clinical experience has predominantly involved cognitive-behavioral therapy (traditional CBT, exposure and response prevention therapy, The Unified Protocol, third-wave behavior therapies (dialectical behavior therapy, acceptance, and commitment therapy) for mood and anxiety disorders, and specialized eating disorder treatment (enhanced cognitive behavioral therapy). Her clinical interests include Anxiety Disorders; Eating Disorders; Body Image; Mood Disorders. Dr. Anderson is a Clinical Psychologist who works within the University of Minnesota's Interventional Psychiatry Program: <https://mphysicians.org/our-clinics/st-louis-park-clinic-interventional-psychiatry-program> Her full bio/website link is here: <https://med.umn.edu/bio/lisa-m-anderson>

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)
Cognitive Behavioral Therapy for Insomnia (CBT-I)
Exposure Therapy
Telemental Health

POPULATIONS TREATED

Adolescents/Teens
Adults

DISORDERS AND SPECIALITIES

Anxiety
Depression
Eating Disorders
MDD
Obsessive Compulsive Disorder (OCD)

PAYMENT OPTIONS

Accepts Some Insurance



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>