



**Luke Allen**

Zip Code: 89119

Zip Postal: 89119

Language: English

Populations Treated: LGBTQI, BIPOC, Adults, Adolescents/Teens

Organization: Independent Practice

Treatment Options: Phone Consultations, Telehealth

Disorders Treated & Specialty: Anxiety, Phobias, Panic Attacks/Panic Disorder, Obsessive Compulsive Disorder (OCD), MDD, LGBTQ+, Intrusive Thoughts, Generalized Anxiety Disorder (GAD), Gender Identity, Depression, Body Focused Repetitive Behaviors, Social Anxiety Disorder, Trichotillomania

Treatment Methods: Telemental Health, Mindfulness, Exposure Therapy, Acceptance and Commitment Therapy (ACT)

Payment Options: Accepts Credit Cards, Sliding Scale

Address1: 1050 E Flamingo Road S107 1456

Website: <https://www.lukeallenphd.com/>

City: Las Vegas

State/Providence: Nevada

Country: United States

Degree: PhD, MA, BA

Preferred Pronouns: he/him/his

Email: [LukeAllen@Lrallen.com](mailto:LukeAllen@Lrallen.com)

Office Phone: 5306134

Telehealth: Wyoming, Wisconsin, West Virginia, Washington, Virginia, Vermont, Utah, Texas, California, Kansas, Indiana, Illinois, Idaho, Georgia, Florida, District of Columbia, Delaware, Connecticut, Colorado, Kentucky, Arkansas, Arizona, New Jersey, Tennessee, South Dakota, South Carolina, Rhode Island, Pennsylvania, Oregon, Oklahoma, Ohio, North Dakota, North Carolina, New Hampshire, Nevada, Nebraska, Missouri, Minnesota, Michigan, Massachusetts, Maryland, Maine

Professional focus: Psychologist, Researcher

## ABOUT

Dr. Luke Allen is a licensed psychologist in Nevada and Oregon. He has authorization to practice telepsychology in 40+ states. He specializes in anxiety (and anxiety-related disorders), depression, gender care, body-focused repetitive behaviors (BFRBs), and working with LGBTQ+ youth and adults. Dr. Allen's practice is 100% remote (i.e., telehealth / online counseling). You can request a free initial consultation (10-15 minutes) to determine if you are a fit with Dr. Allen directly through his website.

## TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Exposure Therapy

Mindfulness

Telemental Health

## POPULATIONS TREATED

Adolescents/Teens

Adults

BIPOC

## LGBTQI

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### DISORDERS AND SPECIALITIES

Anxiety  
Body Focused Repetitive Behaviors  
Depression  
Gender Identity  
Generalized Anxiety Disorder (GAD)  
Intrusive Thoughts  
LGBTQ+  
MDD  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Phobias  
Social Anxiety Disorder  
Trichotillomania

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### PAYMENT OPTIONS

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>