



Maggie Duret

Email

maggieduret@northlightcounseling.org

Zip Code: 55102

Zip Postal: 55102

Language: English

Populations Treated: People W/ Disabilities, LGBTQI, Adults, BIPOC, Seniors, Couples

Organization: Northlight Counseling

Treatment Options: In Office, Telehealth, Phone Consultations

Disorders Treated & Specialty: Health Anxiety, Anxiety, BIPOC, Generalized Anxiety Disorder (GAD), Infertility, LGBTQ+, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Social Anxiety Disorder, Stress, Trauma

Treatment Methods: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Compassion-Focused Therapy, Dialectical Behavioral Therapy (DBT), Exposure Therapy, Mindfulness, Telemental Health, Other

Payment Options: Accepts Cash and/or Checks, Accepts Some Insurance, Accepts Credit Cards, Sliding Scale

Address1: 2024 Reaney Ave E

Website: <https://www.northlightcounseling.org/>

City: Saint Paul

State/Providence: Minnesota

Degree: LPCC

Preferred Pronouns: she/her/hers

Email: maggieduret@northlightcounseling.org

Office Phone: 8155098242

Telehealth: Minnesota

Cell Phone: 8155098242

ABOUT

Hi there! I specialize in treating OCD and anxiety disorders in adults, couples, and groups. I have special expertise when these disorders co-occur with religious/moral/spiritual scrupulosity, existential concerns, trauma, relationships, and life transitions. I am committed to offering evidence-based treatment using modalities including, but not limited to: Inference Based Cognitive Behavioral Therapy (I-CBT), Exposure & Response Prevention (ERP), and Acceptance & Commitment Therapy (ACT). With me, you can expect to meet a supportive, warm therapist who is interested in helping you feel less distress and more joy. I love to help clients learn a self-compassionate approach to leaning into discomfort and discovering that you can, indeed, trust yourself! I practice in-person at Pichik Offices located in Saint Paul. Pichik is a community of providers offering integrative and healing services. We are committed to liberation and honoring the humanity in all beings.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Compassion-Focused Therapy

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

Mindfulness

Telemental Health

Other

POPULATIONS TREATED

Adults
BIPOC
Couples
LGBTQI
People W/ Disabilities
Seniors

DISORDERS AND SPECIALITIES

Anxiety
BIPOC
Generalized Anxiety Disorder (GAD)
Health Anxiety
Infertility
LGBTQ+
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Social Anxiety Disorder
Stress
Trauma

PAYMENT OPTIONS

Accepts Cash and/or Checks
Accepts Credit Cards
Accepts Some Insurance
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.

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>