



**Meggan Sullivan**

Zip Code: 85040  
Zip Postal: 85040  
Language: English  
Populations Treated: Adolescents/Teens, Adults, Couples  
Organization: counseling by Meggan Sullivan  
Treatment Options: Telehealth  
Disorders Treated & Specialty: Generalized Anxiety Disorder (GAD), Anxiety, Bipolar Disorder, Depression, Eating Disorders, Obsessive Compulsive Disorder (OCD), Posttraumatic Stress Disorder (PTSD), Trauma  
Treatment Methods: Exposure Therapy, Mindfulness, Compassion-Focused Therapy, Cognitive Behavioral Therapy (CBT)  
Payment Options: Accepts Some Insurance, Accepts Credit Cards, Accepts Venmo/App-based Payment, Accepts Medicare  
Address1: 2124 E. Bowker St  
Address2: Street Address 2  
City: Phoenix  
State/Province: Arizona  
Country: United States  
Degree: LCSW  
Email: meggan.socialworker@gmail.com  
Office Phone: 4808624307  
Telehealth: Arizona  
Cell Phone: 480-862-4307  
Professional focus: Social Worker

#### ABOUT

Ms. Sullivan received her Masters of Social Work from Arizona State University in 2008. She is a licensed clinical social worker (LCSW-13529) in Arizona. She earned a Bachelor of Liberal Arts and Sciences in Women and Gender Studies at Arizona State University in 2001. Her areas of special training and expertise include perinatal & postpartum mood and anxiety disorder. Ms. Sullivan utilizes an eclectic approach of theories and therapies in her practice including CBT, Solution-Focused, Behavior Modification, DBT, EMDR, and Hypnotherapy. Ms. Sullivan has worked with specialty populations including eating disorders, trauma, and also provides counseling services for a wide range of mental health concerns including depression, anxiety, mood disorder, and bereavement. Ms. Sullivan accepts most referrals from adolescents through geriatrics, marriage/couples, and families. She accepts most insurance companies. Ms. Sullivan uses a variety of therapeutic techniques in her practice to treat mental health symptoms. She employs evidence-based and minimally invasive interventions including: breathing exercises, essential oils, redirecting thoughts and behaviors, utilizing support systems, validation, stress and relaxation techniques, motivational interviewing, lifestyle changes, effective communication and coping skills, visualization, behavior modification, and awareness.

#### TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)  
Compassion-Focused Therapy  
Exposure Therapy  
Mindfulness

#### POPULATIONS TREATED

Adolescents/Teens

Adults  
Couples

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#### DISORDERS AND SPECIALITIES

Anxiety  
Bipolar Disorder  
Depression  
Eating Disorders  
Generalized Anxiety Disorder (GAD)  
Obsessive Compulsive Disorder (OCD)  
Posttraumatic Stress Disorder (PTSD)  
Trauma

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#### PAYMENT OPTIONS

Accepts Credit Cards  
Accepts Medicare  
Accepts Some Insurance  
Accepts Venmo/App-based Payment



## 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>