



Natalia Aiza

Zip Code: 80303

Zip Postal: 80303-1196

Language: English, Chinese, Spanish

Populations Treated: Children, Adolescents/Teens, Adults, Couples, Families

Organization: Kairos Wellness Collective

Treatment Options: Group Therapy, Home Visits, In Office, Telehealth, Phone Consultations

Disorders Treated & Specialty: Trichotillomania, Agoraphobia, Anxiety, Attention-Deficit/Hyperactivity Disorder, Autism Spectrum Disorder, Body Dysmorphic Disorder, Body Focused Repetitive Behaviors, Eating Disorders, Generalized Anxiety Disorder (GAD), Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, School Refusal, Social Anxiety Disorder, Trauma

Treatment Methods: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), EMDR, Exposure Therapy, Intensive Exposure Therapy Protocols, Medication Referral, Mindfulness

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

Address1: 4430 Arapahoe Ave

Address2: Suite 100

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

City: Boulder

State/Province: Colorado

Country: United States

Degree: LPC, MA

Preferred Pronouns: she/her/hers

Email: help@kairoswellnesscollective.com

Office Phone: 7203100570

Telehealth: Colorado

Cell Phone: 7203100570

Professional focus: Counselor

ABOUT

The Kairos Wellness Collective is committed to delivering quality holistic care for clients experiencing, but not limited to, OCD and Anxiety. Kairos Wellness Collective features diverse modalities including Cognitive Behavioral Therapy (CBT), Exposure Response Prevention (ERP), Dialectical Behavioral Therapy (DBT), Neurofeedback, Eye Movement Desensitization and Reprocessing (EMDR), Play Therapy, Acceptance and Commitment Therapy (ACT), Art Therapy, Couples Therapy and Family Therapy. While utilizing diverse approaches, all approaches featured at the center are evidence-based treatments for OCD and Anxiety disorders.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)

EMDR

Exposure Therapy

Intensive Exposure Therapy Protocols

Medication Referral

Mindfulness

POPULATIONS TREATED

Adolescents/Teens
Adults
Children
Couples
Families

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Attention-Deficit/Hyperactivity Disorder
Autism Spectrum Disorder
Body Dysmorphic Disorder
Body Focused Repetitive Behaviors
Eating Disorders
Generalized Anxiety Disorder (GAD)
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
School Refusal
Social Anxiety Disorder
Trauma
Trichotillomania

PAYMENT OPTIONS

Accepts Cash and/or Checks
Accepts Credit Cards
Sliding Scale



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>