



## Natalie Henry

Email

[nhenry@anxietyocdunstuck.com](mailto:nhenry@anxietyocdunstuck.com)

Zip Code: 80246

Zip Postal: 80246-2699

Language: English

Populations Treated: Children, Adolescents/Teens, Adults

Organization: Anxiety and OCD Unstuck Therapy

Treatment Options: Telehealth, Phone Consultations

Disorders Treated & Specialty: Separation Anxiety, Social Anxiety Disorder, Stress, Tourette's Syndrome, Trichotillomania, Phobias, Body Dysmorphic Disorder, Agoraphobia, Anxiety, Body Focused Repetitive Behaviors, Depression, Emetophobia, Generalized Anxiety Disorder (GAD), Health Anxiety, Hoarding, Intrusive Thoughts, MDD, Misophonia, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder

Treatment Methods: Cognitive Behavioral Therapy (CBT), Exposure Therapy, Intensive Exposure Therapy Protocols, Telemental Health

Payment Options: Accepts Credit Cards

Address1: 950 South Cherry Street

Address2: Ste 1675

Website: <http://anxietyocdunstuck.com>

City: Denver

State/Providence: Colorado

Country: United States

Degree: LCSW

Preferred Pronouns: she/her/hers

Email: [info@anxietyocdunstuck.com](mailto:info@anxietyocdunstuck.com)

Office Phone: 3039978571

Telehealth: California, Colorado, Illinois

Cell Phone: 3039978571

Professional focus: Social Worker

### ABOUT

Anxiety and OCD Unstuck Therapy specializes in Cognitive Behavioral Therapy and Exposure and Response Prevention for anxiety, obsessive-compulsive disorder (OCD) and related disorders for children (8+), teens and adults. I believe that each person is unique and that counseling strategies must be focused on meeting each individual's needs. I have over 8 years of experience working with a wide range of clients including children, adolescents, university students, and adults of all ages. I've worked in a variety of settings including a community mental health agency, helping adolescents and families in South Africa with high levels of stress and trauma as well as a private group practice in Silicon Valley specializing in anxiety and OCD. I have experience helping clients manage a range of concerns including OCD, BFRBs, tics/tourettes, anxiety, worry, panic attacks, social anxiety, phobias, body dysmorphia, insomnia and depression. I received my Bachelor's degree in Psychology and my Master's degree in Social Work at the University of Illinois at Urbana-Champaign. I am passionate about pursuing outside training in evidenced based therapy techniques to provide you with the highest level of care. I am a certified CBT therapist through the Academy of Cognitive Therapy. I am trained in CBT, ERP, CoMB, Habit Reversal, CBIT and the OCD BTTI certification through the OCD foundation.

### TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

Telemental Health

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#### POPULATIONS TREATED

Adolescents/Teens  
Adults  
Children

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#### DISORDERS AND SPECIALITIES

Agoraphobia  
Anxiety  
Body Dysmorphic Disorder  
Body Focused Repetitive Behaviors  
Depression  
Emetophobia  
Generalized Anxiety Disorder (GAD)  
Health Anxiety  
Hoarding  
Intrusive Thoughts  
MDD  
Misophonia  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Phobias  
Separation Anxiety  
Social Anxiety Disorder  
Stress  
Tourette's Syndrome  
Trichotillomania

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#### PAYMENT OPTIONS

Accepts Credit Cards



#### 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.

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*For the ADAA mental health professionals, this directory also helps you connect with potential patients. To join the directory, contact [membership@adaa.org](mailto:membership@adaa.org).*

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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 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](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>