



Nicole Gohil

Zip Code: 06405
Zip Postal: 06405
Language: English
Populations Treated: Adults, Adolescents/Teens
Organization: Sage Valley Therapy
Treatment Options: Telehealth, Phone Consultations
Disorders Treated & Specialty: Generalized Anxiety Disorder (GAD), Anxiety, Depression, Intrusive Thoughts, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias, Posttraumatic Stress Disorder (PTSD), Social Anxiety Disorder, Trauma
Treatment Methods: Cognitive Behavioral Therapy (CBT), Exposure Therapy, Mindfulness, Telemental Health, Other
Payment Options: Accepts Some Insurance, Accepts Credit Cards, Accepts Venmo/App-based Payment
Address1: 1204 Main Street
Address2: Suite 516
Website: <http://www.sagevalleytherapy.com>
City: Branford
State/Providence: Connecticut
Country: United States
Degree: MA
Preferred Pronouns: she/her/hers
Email: sagevalleytherapy@gmail.com
Office Phone: 4752772602
Telehealth: Connecticut
Cell Phone: 2038005809
Professional focus: Counselor

ABOUT

At Sage Valley Therapy, our mission is to empower individuals to confront and overcome their fears, transforming anxiety and phobias into resilience and strength. Through compassionate care and evidence-based therapies, we guide our clients on a journey from fear to freedom, fostering hope and healing every step of the way.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)
Exposure Therapy
Mindfulness
Telemental Health
Other

POPULATIONS TREATED

Adolescents/Teens
Adults

DISORDERS AND SPECIALITIES

Anxiety
Depression
Generalized Anxiety Disorder (GAD)
Intrusive Thoughts
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Phobias
Posttraumatic Stress Disorder (PTSD)
Social Anxiety Disorder
Trauma

PAYMENT OPTIONS

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



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>