



Skylar Weisenborn

Zip Code: 45249
Zip Postal: 45249-2395
Language: English
Populations Treated: Adults, Families, Adolescents/Teens, Children
Organization: The Anxiety Center
Treatment Options: Home Visits, Phone Consultations
Disorders Treated & Specialty: Generalized Anxiety Disorder (GAD), Agoraphobia, Anxiety, Body Focused Repetitive Behaviors, Depression, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), School Refusal, Separation Anxiety, Social Anxiety Disorder, Specific Phobias, Trauma, Trichotillomania
Treatment Methods: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Exposure Therapy, Intensive Exposure Therapy Protocols, Interpersonal Therapy (IPT), Mindfulness
Payment Options: Accepts Credit Cards, Sliding Scale
Address1: 11085 Montgomery Rd
Address2: Ste 250
Website: <https://www.cincinnatianxietycenter.com/>
City: Cincinnati
State/Province: Ohio
Country: United States
Degree: LICSW, MSW
Preferred Pronouns: she/her/hers
Email: skylarweisenborn@cincinnatianxietycenter.com
Office Phone: (513) 547-2861
Cell Phone: 5132771290
Professional focus: Social Worker

ABOUT

N/A

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)
Cognitive Behavioral Therapy (CBT)
Dialectical Behavioral Therapy (DBT)
Exposure Therapy
Intensive Exposure Therapy Protocols
Interpersonal Therapy (IPT)
Mindfulness

POPULATIONS TREATED

Adolescents/Teens
Adults
Children
Families

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Body Focused Repetitive Behaviors
Depression
Generalized Anxiety Disorder (GAD)
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Posttraumatic Stress Disorder (PTSD)
School Refusal
Separation Anxiety
Social Anxiety Disorder
Specific Phobias
Trauma
Trichotillomania

PAYMENT OPTIONS

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>