



Tamara Bryan

Zip Code: 78731

Zip Postal: 78731-3198

Language: English

Populations Treated: LGBTQI, Adults, Seniors, Couples

Organization: Austin Center for CBT

Treatment Options: Telehealth

Disorders Treated & Specialty: Body Focused Repetitive Behaviors, Agoraphobia, Anxiety, Body Dysmorphic Disorder, Depression, Generalized Anxiety Disorder (GAD), Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Social Anxiety Disorder, Trichotillomania

Treatment Methods: Cognitive Behavioral Therapy (CBT), Cognitive Behavioral Therapy for Insomnia (CBT-I), Exposure Therapy, Intensive Exposure Therapy Protocols, Mindfulness, Telemental Health

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

Address1: 3616 Far West Blvd

Address2: Ste 117-623

Website: <http://www.atxcbt.com>

City: Austin

State/Providence: Texas

Country: United States

Degree: PhD

Preferred Pronouns: she/her/hers

Email: drbryan@atxcbt.com

Office Phone: 5128277881

Telehealth: Texas

Cell Phone: 5128277881

Professional focus: Psychologist

ABOUT

CBT is used to treat anxiety, OCD, and other issues.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Cognitive Behavioral Therapy for Insomnia (CBT-I)

Exposure Therapy

Intensive Exposure Therapy Protocols

Mindfulness

Telemental Health

POPULATIONS TREATED

Adults

Couples

LGBTQI

Seniors

DISORDERS AND SPECIALITIES

Agoraphobia

Anxiety

Body Dysmorphic Disorder

Body Focused Repetitive Behaviors

Depression

Generalized Anxiety Disorder (GAD)

Obsessive Compulsive Disorder (OCD)

Panic Attacks/Panic Disorder

Social Anxiety Disorder

Trichotillomania

PAYMENT OPTIONS

Accepts Cash and/or Checks

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.

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>