

# NORTH OAKLAND ANXIETY CENTER



Rebecca Ehle, LMSW

CLINICAL THERAPIST / SOCIAL WORKER

Treatment for children,  
adolescents and adults  
experiencing  
anxiety such as:

- Social Anxiety
- School Anxiety
- Panic Disorder
- Work Stress
- Separation Anxiety Disorder
- Phobias
- Agoraphobia
- Generalized Anxiety Disorder
- Obsessive Compulsive Disorder
- Post Traumatic Disorder
- Health Anxiety

"A Clear Path to  
Peace & Confidence"

Rebecca has 30 years of experience treating children, adolescents, and adults suffering from anxiety and depression.

She specializes in **Cognitive Behavioral Therapy**, (how thoughts and behaviors influence mood), which has been proven to be a highly effective way to alleviate symptoms. Rebecca provides a professional, relaxed environment where a client's dignity, strengths, and privacy are respected.



Please feel free to call for a no-cost phone consultation.

Therapy at North Oakland begins with a comprehensive assessment to determine an accurate diagnosis and treatment plan. Other interventions include psychoeducation to increase the client's awareness of how anxiety and depression operate as well as what to expect in counseling, relaxation training and mindfulness meditation, cognitive restructuring, exposure therapy, assertiveness training and relapse prevention.

Treatment is tailored to the individual needs of the client and presented in an easy to understand and engaging manner. The majority of clients begin to feel relief in a few sessions, and over the course of brief therapy, gain the skills they need to manage their mood over a lifetime.

Special care is taken to involve the parents of children so that they have the tools to help their child at home.



Are you interested in providing further information to your school, clinic, office or association? Rebecca is available to speak directly to your group, focusing on specific goals you may have in an effort to educate the community on anxiety and depression.

**1241 E. Silverbell Rd - Lake Orion, MI 48360**

Located within 20 minutes of Rochester, Oxford, Clarkston, Waterford, Auburn Hills, Washington Twp.

**248.961.2578**

**northoaklandanxietycenter@gmail.com**

Many insurances accepted • Reasonable self-pay rates



follow us  
on Facebook