

THERAPY DALLAS

Psychological Services for Children, Adolescents, and Adults
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KRISTEN M. OHLENFORST, PhD

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Kristen M. Ohlenforst, PhD is a licensed psychologist and the Founder and Clinical Director of [Therapy Dallas](#), a group practice offering coordinated and comprehensive psychological services for children, adolescents, and adults in the Dallas area. Having completed her doctoral training at The University of Texas Southwestern Medical Center and her Postdoctoral Fellowship in Child and Adolescent Psychology at Stanford School of Medicine, Dr. Ohlenforst specializes in evidence-based interventions for children, adolescents, and adults. Her primary areas of specialty include Cognitive Behavioral Therapy (CBT) for individuals with anxiety disorders and/or OCD, and Parent Consultation for parents of children with various emotional and behavioral difficulties.

As co-author of *Moose the Worry Mutt Goes to Doggie Daycare*, a therapeutic children's picture book teaching children how to "bark back" at their worries, Dr. Ohlenforst enjoys speaking to groups of parents/caregivers, professionals, students, and school administration on a variety of topics related to healthy childhood development and anxiety management.

You may read more about Dr. Ohlenforst, her speaking engagements, and the services available through Therapy Dallas at www.therapydallas.com.