Allie Wilson, MA, LPC

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Allie Wilson, MA, LPC has specialized in treating Body-focused repetitive behaviors (BFRBs), OCD and anxiety disorders since 2015. Allie utilizes exposure and response prevention (ERP), mindfulness and habit reversal training. Allie approaches therapy from a place of compassion and respect, drawing out the dignity of each client. She offers a safe place for clients to address their struggles without the fear of judgment. Allie has seen lives transformed as clients have worked to understand and challenge their BFRBs, and she looks forward to walking alongside of you on your journey to freedom.