

Lindsay M. Nolan, PhD, a Licensed Clinical Psychologist in Private Practice

Get to know Licensed Clinical Psychologist Dr. Lindsay M. Nolan, who serves patients in Fredericksburg, Virginia.



New York City, New York Jan 30, 2023 ([Issuewire.com](https://www.issuewire.com)) - Dr. Nolan is a licensed clinical

psychologist who specializes in helping individuals manage anxiety and depression. She utilizes a unique approach that combines cognitive-behavioral and interpersonal techniques, as well as incorporates humor to aid in her patients' self-improvement and self-confidence.

In addition to her primary focus on anxiety and depression, she has experience treating patients dealing with trauma, ADHD, and OCD.

Licensed to practice in Virginia, Dr. Nolan graduated with her Doctor of Philosophy degree from Walden University in 2019.

Clinical psychology is a broad branch of psychology that focuses on diagnosing and treating mental, emotional, and behavioral disorders. Some of the more common disorders that might be treated include mood disorders like depression, anxiety, or bipolar disorder, in addition to trauma influenced problems such as personality disorders and behavioral difficulties like eating disorders. Licensed clinical psychologists meet with patients to identify problems - emotional, mental, and behavioral - occurring within their lives. Through observation, interviews, and psychological tests, they aim to diagnose any existing disorders or difficulties for their patients.

Learn More about Dr. Lindsay M. Nolan:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/83935156-Lindsay-Nolan-Psychologist>

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