Dr. David Shanley

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My name is David Shanley, and I am a therapist specializing in the treatment of anxiety disorders for adults and adolescents in Denver. I have my Doctorate in Clinical Psychology (PsyD) from the University of Denver. As an anxiety therapist, I use only research-based cognitive-behavioral interventions to help you approach, rather than avoid your anxiety. This has been proven to be the most effective way to treat anxiety disorders.

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