

Austin Bridges, LPC-S

Austin, TX | austin@austinbridgestherapy.com | austinbridgestherapy.com

PROFESSIONAL SUMMARY

Licensed Professional Counselor-Supervisor (LPC-S) with over a decade of clinical experience specializing in evidence-based treatments for OCD, complex trauma, anxiety, and men's intimacy concerns. Integrates Rational Emotive Behavior Therapy (REBT), Exposure and Response Prevention (ERP), Rumination-Focused ERP (RF-ERP), and EMDR within a neuro-affirming framework. Founder and Clinical Lead of a multi-specialty private practice providing direct care, clinical supervision, and intensive therapeutic programs across Texas, North Carolina, and South Carolina.

CLINICAL LICENSURE & CERTIFICATIONS

- **Licensed Professional Counselor-Supervisor (LPC-S):** Texas State Board of Examiners
- **Licensed Professional Counselor (LPC):** North Carolina & South Carolina (2023)
- **EMDR Trained Clinician:** Eye Movement Desensitization and Reprocessing (2015)
- **ERP & RF-ERP Trained Professional:** Rumination-Focused Exposure and Response Prevention
- **Pediatric Behavior Therapy Training (BTIT):** The International OCD Foundation (2026)
- **Gottman Level 1 Couples Training:** Gottman Institute (2016)

EDUCATION

- **Master of Arts, Counseling Psychology:** Adler School of Professional Psychology, Chicago, IL
- **Bachelor of Arts, Communications (Minor in Psychology):** East Carolina University, Greenville, NC

CLINICAL & LEADERSHIP EXPERIENCE

Founder & Clinical Director | Austin Bridges Therapy PLLC

Austin, TX | 2018 – Present

- Direct a multi-specialty clinical practice operating three specialized care pillars: **Repair Trauma** (EMDR-focused trauma processing), **REWIRE OCD** (ERP and RF-ERP for obsessive-compulsive loops), and **Refresh Intimacy** (men's relational health and out-of-control sexual behavior).
- Provide individual clinical psychotherapy using CBT, REBT, ERP, and EMDR for high-stress professionals, first responders, and neurodivergent adults.
- Provide weekly clinical supervision to associate-level clinicians as an LPC-S.
- Structure flexible care delivery, including multi-hour therapy intensives, concierge care, and specialized non-clinical peer support groups.

Psychotherapist | Just Mind LLC

Austin, TX | 2017 – 2018

- Provided individual and couples therapy for anxiety disorders, trauma, depression, and life transitions using evidence-based cognitive behavioral modalities.

Staff Therapist | Capital Area Counseling Community Center

Austin, TX | 2013 – 2017

- Delivered low-cost mental health counseling to diverse, underrepresented adult populations facing severe anxiety, trauma, and mood disorders.

PUBLICATIONS & PRESENTATIONS

Publications

- Bridges, A. (2026). *Boundaries That Work: 6 Rules by a Therapist*.

Keynotes, Interviews, and Workshops

- *Years of "It's All in Your Head" - A Therapist on His Own*, Anchor Moments (2026)
- *EMDR, Trauma, OCD, and Getting Out of the End of Life Whirlpool*, Half Serious (2026)
- *Loving Boundaries: How Families Support Someone with OCD Without Feeding It*, OCD Lab (2026)
- *Navigating Severe Anxiety and Stress in Young Adults*, Westlake Speaker Series (2022)