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treat anxiety for over 15 years. Kimberly is a graduate of the International Obsessive Compulsive Foundation's Behavior Therapy Institute. She is a board member of the Obsessive Compulsive Foundation of Western Pennsylvania and an active member of the Anxiety and Depression Association of America, serving on many committees. Kimberly has developed training videos to help clinicians learn evidenced based treatment for anxiety and OCD, <http://www.adaa.org/treating-anxiety-disorders-part-1-6-power-anxiety>. She is the 2012 recipient of the Clinician Outreach Award and the 2015 Member of Distinction Award from the Anxiety and Depression Association of America. She is the author of *Face It and Feel It: 10 Simple But Not Easy Ways to Live Well With Anxiety* (2011). [www.livingwellwithanxiety.com](http://www.livingwellwithanxiety.com)