

# Behavioral Health Resources

Your  
Behavioral  
Health  
Professional ...



## **Ed Cochard, LLP**

Ed Cochard received his degree from Old Dominion University in Norfolk, VA in 1995. He began his professional career at The Fieldstone Center in Battle Creek, where he worked in a variety of capacities. In 2001, Ed began work with Behavioral Health Resources. He works primarily with adults experiencing mood disorders such as depression and anxiety. His specialty is Anxiety Disorders-Panic Disorder, Agoraphobia, Obsessive-Compulsive Disorder, Generalized Anxiety Disorder and Social Phobia. He is trained in Cognitive-Behavioral therapy through the Beck Institute, Motivational Interviewing and is a Certified Advanced Addiction Counselor. Ed also provides Christian-focused therapy to clients whose faith is an integral element of their life. Ed's overall treatment philosophy is that of demystifying therapy and making it accessible to everyone and applicable to everyday life.

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