



Instagram accounts your therapist LOVES



gottmaninstitute
The Gottman Institute



realdepressionproject
The Depression Project



dlcanxiety
DLC Anxiety



thepresentpsychologist
Alf, The Present Psychologist



myeasytherapy
Dr. Michaela



anxiety_wellbeing
Anxiety Management



emilieeyes
Emilie Leyes



exploring.therapy
Dr. Therese



therapyjeff
Jeff Guenther, IPC

Therapy Art



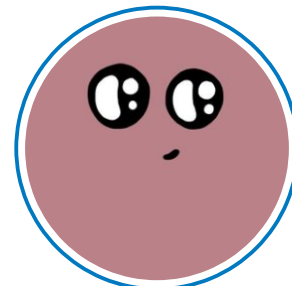
sistercody
Sister Cody



orangejuicefordinner
liberty Ewan



justfrogetaboutit
Sarah Nilson



itslennie
Lennie