



## David Hart

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Zip Code: 97702

Zip Postal: 97702

Language: English

Populations Treated: Adults

Organization: Serenity and Strength LLC

Treatment Options: Telehealth

Disorders Treated & Specialty: Generalized Anxiety Disorder (GAD), Agoraphobia, Anxiety, Depression, Emetophobia, Emotional Disturbance, Health Anxiety, MDD, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias, Posttraumatic Stress Disorder (PTSD), Social Anxiety Disorder, Trauma, Trichotillomania

Treatment Methods: Cognitive Behavioral Therapy (CBT), Compassion-Focused Therapy, Exposure Therapy, Interpersonal Therapy (IPT), Medication Management, Mindfulness, Psychopharmacology, Telemental Health, Other, Acceptance and Commitment Therapy (ACT)

Payment Options: Accepts Credit Cards, Accepts Cash and/or Checks

Address1: 320 SW Century Drive

Address2: Suite 405-318

Website: <http://serenityandstrength.com>

City: Bend

State/Providence: Oregon

Country: United States

Degree: MD

Preferred Pronouns: he/him/his

Email: [office@serenityandstrength.com](mailto:office@serenityandstrength.com)

Office Phone: 5418978311

Telehealth: Oregon

Cell Phone: 5412317736

Professional focus: Psychiatrist

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### ABOUT

I specialize in cognitive-behavioral treatment (CBT) and acceptance and commitment therapy (ACT) of anxiety, depression, and trauma-related disorders. As a psychiatrist, I can also manage medication when appropriate, but the use of medications is not emphasized in my practice. My practice is 100% tele-mental health. I am available for any Oregon resident currently residing in Oregon. Please call with any questions or concerns regarding treatment services.

### TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Compassion-Focused Therapy

Exposure Therapy

Interpersonal Therapy (IPT)

Medication Management

Mindfulness

Psychopharmacology

Telemental Health

Other

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POPULATIONS TREATED

Adults

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DISORDERS AND SPECIALITIES

Agoraphobia  
Anxiety  
Depression  
Emetophobia  
Emotional Disturbance  
Generalized Anxiety Disorder (GAD)  
Health Anxiety  
MDD  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Phobias  
Posttraumatic Stress Disorder (PTSD)  
Social Anxiety Disorder  
Trauma  
Trichotillomania

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PAYMENT OPTIONS

Accepts Cash and/or Checks  
Accepts Credit Cards



#### ABOUT ANXIETY & DEPRESSION ASSOCIATION

The Anxiety and Depression Association of America (ADAA) developed this **Find Your Therapist Directory** for you to connect with licensed mental health professionals.

Know that you are not alone, and help is available.

ADAA is a nonprofit organization dedicated to the prevention, treatment, and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through the alignment of science, treatment, and education.

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*For the ADAA mental health professionals, this directory also helps you connect with millions of potential patients.*

*To join the directory, contact [membership@adaa.org](mailto:membership@adaa.org).*

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**If you are in crisis call or text 988 for the Suicide & Crisis Lifeline.**

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#### HELPFUL LINKS

##### **ADAA Website**

<https://adaa.org/>

##### **Mental Health Webinars**

<https://adaa.org/resources-news/from-adaa-experts/webinars>

##### **Mental Health Personal Stories**

<https://adaa.org/educational-resources/from-our-community/stories-of-triumph>

##### **ADAA Newsletter Sign Up**

[https://adaa.informz.net/adaa/pages/Triumph\\_Subscribe\\_page](https://adaa.informz.net/adaa/pages/Triumph_Subscribe_page)

##### **Get Involved with ADAA**

<https://adaa.org/get-involved>

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