



Dorinda Woodley

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Zip Code: 94109

Zip Postal: 94109-5239

Language: English

Populations Treated: Seniors, LGBTQI, Adults, Adolescents/Teens

Organization: Pacific CBT

Treatment Options: In Office, Telehealth, Phone Consultations

Disorders Treated & Specialty: Anxiety, Depression, Generalized Anxiety Disorder (GAD), Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Social Anxiety Disorder

Treatment Methods: Cognitive Behavioral Therapy (CBT), Exposure Therapy, Mindfulness

Payment Options: Accepts Credit Cards

Address1: 1801 Bush Street

Address2: Suite 205

Website: <http://www.pacificcbt.com>

City: San Francisco

State/Providence: California

Country: United States

Degree: MA

Preferred Pronouns: she/her/hers

Email: dorinda@pacificcbt.com

Office Phone: 415-849-4322

Telehealth: California

Cell Phone: 510-280-4373

Professional focus: Marriage and Family Therapist

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TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Mindfulness

POPULATIONS TREATED

Adolescents/Teens

Adults

LGBTQI

Seniors

DISORDERS AND SPECIALITIES

Anxiety

Depression

Generalized Anxiety Disorder (GAD)

Obsessive Compulsive Disorder (OCD)

Panic Attacks/Panic Disorder
Posttraumatic Stress Disorder (PTSD)
Social Anxiety Disorder

PAYMENT OPTIONS

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.

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.

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

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

Get Involved with ADAA

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

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