



## Jennifer Park

**Notice (8):** Undefined index: job\_title [APP/View/OrganizationPdfStyles/default.ctp, line 52]

**Notice (8):** Undefined index: location [APP/View/OrganizationPdfStyles/default.ctp, line 63]

Zip Code: 94304

Zip Postal: 94304-1804

**Populations Treated:** Families, Adults, Adolescents/Teens, Children

**Organization:** Rogers Behavioral health- San Francisco East Bay

**Treatment Options:** Home Visits

**Disorders Treated & Specialty:** Trichotillomania, Tourette's Syndrome, Specific Phobias, Selective Mutism Disorder, Panic Attacks/Panic Disorder, Obsessive Compulsive Disorder (OCD), Hoarding, Anxiety

**Treatment Methods:** Acceptance and Commitment Therapy (ACT), Mindfulness, Intensive Exposure Therapy Protocols, Exposure Therapy, Dialectical Behavioral Therapy (DBT), Cognitive Behavioral Therapy (CBT)

**Address1:** 900 Welch Rd

**Address2:** Ste 400

**City:** Palo Alto

**State/Province:** California

**Country:** United States

**Home Email:** jmpark05@stanford.edu

**Degree:** PhD

**Email:** jennifer.park@rogersbh.org

**Office Phone:** 909-973-4463

**Professional focus:** Psychologist

**Notice (8):** Undefined index: tags [APP/View/Elements/custom\_fields.ctp, line 35]

**Notice (8):** Undefined index: last\_updated [APP/View/Elements/custom\_fields.ctp, line 51]

### TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

Mindfulness

### POPULATIONS TREATED

Adolescents/Teens

Adults

Children

Families

### DISORDERS AND SPECIALITIES

Anxiety

Hoarding

Obsessive Compulsive Disorder (OCD)

Panic Attacks/Panic Disorder

Selective Mutism Disorder

Specific Phobias  
Tourette's Syndrome  
Trichotillomania

---

PAYMENT OPTIONS



#### 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](mailto: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](https://adaa.informz.net/adaa/pages/Triumph_Subscribe_page)

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

