



## Jennifer Tininenko

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Zip Code: 98101

Zip Postal: 98101-3136

Populations Treated: Children, Adolescents/Teens, Families, LGBTQI

Organization: Evidence Based Treatment Centers of Seattle

Treatment Options: Teletherapy, Phone Consultations, Home Visits

Disorders Treated & Specialty: Other, Trichotillomania, Depression, Agoraphobia, Anxiety, Attention-Deficit/Hyperactivity Disorder, Body Dysmorphic Disorder, Body Focused Repetitive Behaviors, Generalized Anxiety Disorder (GAD), Misophonia, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Selective Mutism Disorder, School Refusal, Separation Anxiety, Social Anxiety Disorder, Specific Phobias, Tourette's Syndrome

Treatment Methods: Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Exposure Therapy, Intensive Exposure Therapy Protocols

Payment Options: Accepts Some Insurance, Accepts Credit Cards

Address1: 1200 5th Ave

Address2: Ste 800

Website: <https://ebtseattle.com/>

City: Seattle

State/Province: Washington

Country: United States

Degree: PhD

Preferred Pronouns: she/her/hers

Email: [jtinenko@ebtseattle.com](mailto:jtinenko@ebtseattle.com)

Office Phone: 206-374-0109

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### ABOUT

Dr. Tininenko works with a wide range of clients, from early childhood through young adulthood. She has a special interest in treating anxiety disorders, including OCD, generalized anxiety disorder, social anxiety, panic disorder, sleep disorders, body focused repetitive behaviors (i.e., trichotillomania, skin picking), as well as working with children and families with complex co-occurring problems. She often treats mood disorders, ADHD, and disruptive behavior problems, as well as adjustment to situational challenges and life stressors. She also enjoys working with individuals who have difficulties regulating strong emotions and are experiencing problems as a result of these difficulties.

### TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

### POPULATIONS TREATED

Adolescents/Teens

Children

Families

## LGBTQI

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### DISORDERS AND SPECIALITIES

Agoraphobia  
Anxiety  
Attention-Deficit/Hyperactivity Disorder  
Body Dysmorphic Disorder  
Body Focused Repetitive Behaviors  
Depression  
Generalized Anxiety Disorder (GAD)  
Misophonia  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
School Refusal  
Selective Mutism Disorder  
Separation Anxiety  
Social Anxiety Disorder  
Specific Phobias  
Tourette's Syndrome  
Trichotillomania  
Other

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### PAYMENT OPTIONS

Accepts Credit Cards  
Accepts Some Insurance



#### 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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