



## Joanna Kaye

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Zip Code: 92108

Zip Postal: 92108

Language: English

Populations Treated: Adults

Organization: Anxiety, Trauma, and OCD Center of San Diego

Treatment Options: Phone Consultations

Disorders Treated & Specialty: Depression, Agoraphobia, Anxiety, Body Focused Repetitive Behaviors, Generalized Anxiety Disorder (GAD), Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Social Anxiety Disorder, Specific Phobias, Trauma

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

Payment Options: Accepts Credit Cards, Sliding Scale

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## ABOUT

I help people with anxiety, intrusive thoughts, and traumatic experiences learn skills so their anxiety no longer gets in the way of their mood, relationships, or career. I am a clinical psychologist with expertise in the treatment of anxiety disorders, OCD, and PTSD. Many people struggling with these conditions live for years assuming their symptoms will always control much of their lives. A lot of scientific evidence, as well as my track record helping many clients make significant improvements, has shown otherwise. My treatment approach, based in cognitive behavioral therapy, is evidence-based, effective, and short-term. I have obtained specialized training from several leading institutions in the treatment of anxiety-related disorders. As a result, I am able to provide the most powerful treatments available for these issues, tailored to meet your individual needs. My clinical style is warm, approachable, and compassionate, while also being direct. I view therapy as teamwork, with both of us equally striving to help you move in the direction you want in your life. My ultimate goal is for you to not need me, as I teach my clients skills to empower them to become their own therapist. I deeply care about the patients I work with, and I truly love what I do. I hope we can work together to make the changes you're looking for!

## TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

POPULATIONS TREATED

Adults

DISORDERS AND SPECIALITIES

- Agoraphobia
- Anxiety
- Body Focused Repetitive Behaviors
- Depression
- Generalized Anxiety Disorder (GAD)
- Obsessive Compulsive Disorder (OCD)
- Panic Attacks/Panic Disorder
- Posttraumatic Stress Disorder (PTSD)
- Social Anxiety Disorder
- Specific Phobias
- Trauma

PAYMENT OPTIONS

- Accepts Credit Cards
- Sliding Scale



#### 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**

