



Ken Goodman

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: 91326

Zip Postal: 91326-2274

Language: English

Populations Treated: Adults, Adolescents/Teens, Children

Organization: Anxiety and OCD Treatment of the Valley

Treatment Options: In Office, Telehealth

Disorders Treated & Specialty: Intrusive Thoughts, Agoraphobia, Anxiety, Emetophobia, Generalized Anxiety Disorder (GAD), Health Anxiety, Irritable Bowel Syndrome (IBS), Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias, Posttraumatic Stress Disorder (PTSD), Separation Anxiety, Social Anxiety Disorder, Stress, Trauma

Treatment Methods: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), EMDR, Exposure Therapy, Intensive Exposure Therapy Protocols, Mindfulness, Other

Payment Options: Accepts Credit Cards, Accepts Cash and/or Checks, Accepts Venmo/App-based Payment

Address1: 11145 Tampa Ave

Address2: Ste 12B

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

City: Porter Ranch

State/Providence: California

Country: United States

Degree: LCSW

Email: kengoodmanlcsw@yahoo.com

Office Phone: 426-1780

Telehealth: California

Cell Phone: 426-1780

Professional focus: Social Worker

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]

ABOUT

I am passionate about helping people conquer their anxiety and OCD. Although I help adults, teens and children overcome fears and phobias, stop panic attacks, and end excessive worry, my area of expertise is emetophobia and health anxiety. In my 20 plus years working with patients, I have been a part of the most amazing transformations. Go to KenGoodmanTherapy.com and check out the FREE self-help audios, articles and videos. I use a variety of treatment approaches including Cognitive-Behavioral, EMDR, Hypnosis, Exposure and Response Prevention and ACT. Therapy is active and goal-oriented with the focus on eliminating symptoms, resolving problems and improving one's life and relationships. I am also CEO of QuietMindSolutions.com, a company that produces self-help material for anxiety sufferers, including books, relaxation exercises, hypnosis sessions, and a 9 disc audio program. I am on the board of the Anxiety and Depression Association of America.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

EMDR

Exposure Therapy

Intensive Exposure Therapy Protocols

Mindfulness

Other

POPULATIONS TREATED

Adolescents/Teens
Adults
Children

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Emetophobia
Generalized Anxiety Disorder (GAD)
Health Anxiety
Intrusive Thoughts
Irritable Bowel Syndrome (IBS)
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Phobias
Posttraumatic Stress Disorder (PTSD)
Separation Anxiety
Social Anxiety Disorder
Stress
Trauma

PAYMENT OPTIONS

Accepts Cash and/or Checks
Accepts Credit Cards
Accepts Venmo/App-based Payment



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

