



## Lynne Henderson

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Zip Code: 94708

Zip Postal: 94708-1343

Language: English

Populations Treated: Couples, Adults

Organization: Shyness Institute

Treatment Options: Telehealth, In Office, Group Therapy

Disorders Treated & Specialty: Panic Attacks/Panic Disorder, Anxiety

Treatment Methods: Compassion-Focused Therapy, Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT)

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

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Professional focus: Psychologist

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### ABOUT

Director, Shyness Institute. Private practice specializing in shyness and social anxiety disorder as well as general practice treating anxiety, depression, panic disorder and general problems in living. Use CBT, ACT, and Compassion Focused Therapy. Book published last year, *The Compassionate Mind Guide to Improving Social self-confidence and Overcoming Shyness*.

### TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Compassion-Focused Therapy

### POPULATIONS TREATED

Adults

Couples

### DISORDERS AND SPECIALITIES

Anxiety

Panic Attacks/Panic Disorder

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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.

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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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