



## Michelle Dexter

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Zip Code: 90505

Zip Postal: 90505

Language: English

Populations Treated: LGBTQI, Adolescents/Teens, Adults

Organization: Behavioral Associates, Los Angeles

Treatment Options: Group Therapy, In Office, Telehealth

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

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

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

Address1: 24520 Hawthorne Blvd

Address2: Suite 208

City: Torrance

State/Province: California

Country: United States

Degree: ACT, PhD

Preferred Pronouns: she/her/hers

Email: michellemcd@gmail.com

Office Phone: 424-835-0862

Telehealth: California

Cell Phone: 3104274120

Professional focus: Psychologist

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### ABOUT

Dr. Dexter is a Diplomate and certified member of the Academy of Cognitive Therapy and Board Member of the National Social Anxiety Center. She is the Director of Training at Behavioral Associates, Los Angeles. Dr. Dexter has been trained in a variety of evidence-based interventions including CBT, DBT skills, Exposure with Response Prevention, Mindfulness, and Unified Protocol. She has extensive experience working with clients in group and individual settings who present with OCD, anxiety, and mood disorders.

### TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

Mindfulness

### POPULATIONS TREATED

Adolescents/Teens

Adults

## LGBTQI

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### DISORDERS AND SPECIALITIES

Agoraphobia  
Anxiety  
Depression  
Generalized Anxiety Disorder (GAD)  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Posttraumatic Stress Disorder (PTSD)  
Social Anxiety Disorder  
Specific Phobias

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### PAYMENT OPTIONS

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

<https://adaa.org/get-involved>

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