



## Oxana Stebbins

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Zip Code: 34239

Zip Postal: 34239

Language: Ukrainian, English

Populations Treated: Seniors, Adults

Organization: Anxiety & OCD Treatment Center

Treatment Options: Telehealth

Disorders Treated & Specialty: Generalized Anxiety Disorder (GAD), Social Anxiety Disorder, Separation Anxiety, Posttraumatic Stress Disorder (PTSD), Phobias, Panic Attacks/Panic Disorder, Obsessive Compulsive Disorder (OCD), MDD, Intrusive Thoughts, Health Anxiety, Stress, Emotional Disturbance, Emetophobia, Depression, Anxiety, Agoraphobia, Other, Trauma

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

Payment Options: Accepts Credit Cards

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

City: Sarasota

State/Province: Florida

Country: United States

Degree: PhD

Preferred Pronouns: she/her/hers

Email: [drstebbins@anxietyocdtc.com](mailto:drstebbins@anxietyocdtc.com)

Office Phone: (941) 254-6223

Telehealth: Wyoming, Wisconsin, West Virginia, Washington, Connecticut, Kentucky, Kansas, Indiana, Illinois, Idaho, Georgia, Florida, District of Columbia, Delaware, Maine, Colorado, Arkansas, Arizona, Alabama, North Carolina, Virginia, Utah, Texas, Tennessee, South Carolina, Rhode Island, Pennsylvania, Oklahoma, Ohio, New Jersey, New Hampshire, Nevada, Nebraska, Missouri, Minnesota, Michigan, Maryland

Professional focus: Psychologist

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### ABOUT

I am a licensed clinical psychologist serving adults across the majority of U.S. states through telehealth (FL, PA, and PSYPACT states). For a full list of PSYPACT-participating states, see: <https://psypact.org/mpage/psypactmap>. I specialize in treating anxiety and related disorders (including OCD and depression) using principles of cognitive behavioral and exposure-based therapy, and integrate elements of ACT and DBT. I am interested in intersections with religion/spirituality for those who view this as an important part of their cultural identity. I earned my PhD in Clinical Psychology at Seattle Pacific University and completed internship at the VA Ann Arbor/University of Michigan Healthcare System, where I trained in full model DBT. I completed specialized training in mood and anxiety disorders at Dartmouth-Hitchcock Medical Center, and trained in an intensive outpatient (IOP) setting for severe to extreme OCD at the Seattle Children's Hospital working with youth and their parents. More information is available on my website at [www.anxietyocdtc.com](http://www.anxietyocdtc.com).

### TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

Telemental Health

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#### POPULATIONS TREATED

Adults  
Seniors

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#### DISORDERS AND SPECIALITIES

Agoraphobia  
Anxiety  
Depression  
Emetophobia  
Emotional Disturbance  
Generalized Anxiety Disorder (GAD)  
Health Anxiety  
Intrusive Thoughts  
MDD  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Phobias  
Posttraumatic Stress Disorder (PTSD)  
Separation Anxiety  
Social Anxiety Disorder  
Stress  
Trauma  
Other

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#### PAYMENT OPTIONS

Accepts Credit Cards



#### 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**

