



Travis Osborne

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Zip Code: 98101

Zip Postal: 98101-3136

Populations Treated: LGBTQI, Seniors, Adults

Organization: The Anxiety Center at EBTC

Treatment Options: Home Visits

Disorders Treated & Specialty: Depression, Agoraphobia, Anxiety, Body Dysmorphic Disorder, Hoarding, Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Specific Phobias, Trauma, Trichotillomania

Treatment Methods: Cognitive Behavioral Therapy (CBT), Exposure Therapy, Intensive Exposure Therapy Protocols, Mindfulness

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City: Seattle

State/Providence: Washington

Country: United States

Degree: PhD

Preferred Pronouns: he/him/his

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Telehealth: Washington

Cell Phone: 206-679-2276

Professional focus: Psychologist

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ABOUT

I specialize in providing cognitive-behavioral therapy for panic disorder, OCD, social anxiety, phobias, GAD, PTSD and trichotillomania.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

Mindfulness

POPULATIONS TREATED

Adults

LGBTQI

Seniors

DISORDERS AND SPECIALITIES

Agoraphobia

Anxiety
Body Dysmorphic Disorder
Depression
Hoarding
Panic Attacks/Panic Disorder
Posttraumatic Stress Disorder (PTSD)
Specific Phobias
Trauma
Trichotillomania

PAYMENT OPTIONS



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

