



**Chelsea Dahlen**

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**Zip Code:** 92193  
**Zip Postal:** 92193-3771  
**Language:** English  
**Populations Treated:** Adults  
**Organization:** Frankly Marriage and Family Therapy  
**Treatment Options:** Telehealth  
**Disorders Treated & Specialty:** Social Anxiety Disorder, Obsessive Compulsive Disorder (OCD), MDD, Health Anxiety, Generalized Anxiety Disorder (GAD), Depression, Anxiety  
**Treatment Methods:** Acceptance and Commitment Therapy (ACT), Exposure Therapy, Dialectical Behavioral Therapy (DBT), Cognitive Behavioral Therapy (CBT)  
**Payment Options:** Accepts Credit Cards, Accepts Some Insurance  
**Address1:** PO Box 23771  
**Website:** <http://franklytherapy.com>  
**City:** San Diego  
**State/Providence:** California  
**Country:** United States  
**Degree:** MA  
**Preferred Pronouns:** she/her/hers  
**Email:** [chelsea@franklytherapy.com](mailto:chelsea@franklytherapy.com)  
**Office Phone:** 858-848-0914  
**Telehealth:** California  
**Cell Phone:** 310-561-3547  
**Professional focus:** Marriage and Family Therapist

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#### ABOUT

Chelsea provides a warm and safe place for you to address the thoughts, feelings, and behaviors that are affecting your daily life. Chelsea provides individual therapy to adults suffering from depression, anxiety, and OCD symptoms. She utilizes CBT, ERP, ACT, and DBT in her treatment with individuals.

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#### TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)  
Cognitive Behavioral Therapy (CBT)  
Dialectical Behavioral Therapy (DBT)  
Exposure Therapy

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#### POPULATIONS TREATED

Adults

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#### DISORDERS AND SPECIALITIES

Anxiety

Depression  
Generalized Anxiety Disorder (GAD)  
Health Anxiety  
MDD  
Obsessive Compulsive Disorder (OCD)  
Social Anxiety Disorder

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#### PAYMENT OPTIONS

Accepts Credit Cards  
Accepts Some Insurance



#### ABOUT ANXIETY & DEPRESSION ASSOCIATION (ADAA)

*ADAA's Find Your Therapist Directory connects YOU with licensed mental health professionals/counselors, with clinical licenses and who have expertise in anxiety, depression, OCD, PTSD, and co-occurring disorders.*

*We are increasing the number of mental health professionals listed. We also list ADAA members who work for behavioral health clinics.*

*If you cannot find a therapist, contact your medical provider, your insurance company, or other lists of licensed mental health professionals.*

*Please note that US clinicians are not able to see clients outside of the US due to licensing restrictions.*

*Please note that clinicians in the directory who do not state that they participate in an insurance plan do not take insurance.*

Know that you are not alone, and help is available. If you are in crisis call or text 988 for the Suicide & Crisis Lifeline.

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*For the ADAA mental health professionals, this directory also helps you connect with potential patients. To join the directory, contact [membership@adaa.org](mailto:membership@adaa.org).*

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*The members in ADAA's Find Your Therapist directory are listed for the sole purpose of helping the public or serving as an ADAA professional member referral.*

*The emails of the therapists cannot be used to contact them for any reason other than requesting mental health services or for an ADAA professional member to reach out to another member to discuss a possible referral. These emails are not to be used to solicit business or promote any products. ADAA reserves the right to take legal action if solicitations occur.*

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#### HELPFUL LINKS

**ADAA Website**  
<https://adaa.org/>

**Tips and Questions About How to Chose a Therapist That's Right for You**

<https://adaa.org/finding-help/treatment/choosing-therapist>

**5 Tips for How to Know If an Anxiety Therapist Is the Right Fit for You**

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/5-tips-how-know-if-anxiety-therapist-right-fit>

**Watch ADAA's Short "What is" Videos on Depression, MDD, PTSD, OCD and Suicide**

<https://adaa.org/resources-news/from-adaa-experts/videos>

**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 Free Newsletter Sign Up**

[https://adaa.informz.net/adaa/pages/Triumph\\_Subscribe\\_page](https://adaa.informz.net/adaa/pages/Triumph_Subscribe_page)

**Join a Free Support Community**

<https://adaa.org/find-help/support>

**Meet ADAA's Institutional Members**

<https://adaa.org/professionals/Institutional-Memberships>

**For Therapists: Watch ADAA's Find Your Therapist Video**

<https://youtu.be/Eq3zOzbfGoU>