



## Donald Dufford

Zip Code: 95124

Zip Postal: 95124-2675

Language: English

Populations Treated: LGBTQI, Seniors, Adults, Adolescents/Teens, Children

Organization: Anxiety Treatment Services

Treatment Options: Phone Consultations, Telehealth, In Office, Home Visits, Group Therapy

Disorders Treated & Specialty: Other, Trichotillomania, Trauma, Tourette's Syndrome, Emotional Disturbance, Depression, Body Focused Repetitive Behaviors, Bipolar Disorder, Anxiety, Anger Management, Agoraphobia, Family Conflict, Misophonia, Stress, Social Anxiety Disorder, Sleep Disorders, Separation Anxiety, Posttraumatic Stress Disorder (PTSD), Phobias, Panic Attacks/Panic Disorder, Obsessive Compulsive Disorder (OCD), MDD, Irritable Bowel Syndrome (IBS), Intrusive Thoughts, Hoarding, Health Anxiety, Grief, Generalized Anxiety Disorder (GAD)

Treatment Methods: Acceptance and Commitment Therapy (ACT), Interpersonal Therapy (IPT), Intensive Exposure Therapy Protocols, Exposure Therapy, EMDR, Dialectical Behavioral Therapy (DBT), Compassion-Focused Therapy, Cognitive Behavioral Therapy for Insomnia (CBT-I), Cognitive Behavioral Therapy (CBT), Medication Referral, Telemental Health, Mindfulness

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

Address1: 3880 S Bascom Ave

Address2: Ste 212

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

City: San Jose

State/Providence: California

Country: United States

Degree: PhD

Preferred Pronouns: he/him/his

Email: [drdufford@sbcglobal.net](mailto:drdufford@sbcglobal.net)

Office Phone: (408) 559-9088

Telehealth: California

Cell Phone: 408-568-6295

Professional focus: Psychologist

### ABOUT

Dr. Dufford, PhD is a Licensed Clinical Psychologist and Director of Anxiety Treatment Services providing effective treatment for anxiety disorders and related issues for over 30 years. Dr. Dufford is an EMDR practitioner, and a Certified: Cognitive-Behavioral Therapist; Clinical Hypnotherapist; Expert in Traumatic Stress and Addictions Counselor.

### TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Cognitive Behavioral Therapy for Insomnia (CBT-I)

Compassion-Focused Therapy

Dialectical Behavioral Therapy (DBT)

EMDR

Exposure Therapy

Intensive Exposure Therapy Protocols

Interpersonal Therapy (IPT)

Medication Referral

Mindfulness  
Telemental Health

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#### POPULATIONS TREATED

Adolescents/Teens  
Adults  
Children  
LGBTQI  
Seniors

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#### DISORDERS AND SPECIALITIES

Agoraphobia  
Anger Management  
Anxiety  
Bipolar Disorder  
Body Focused Repetitive Behaviors  
Depression  
Emotional Disturbance  
Family Conflict  
Generalized Anxiety Disorder (GAD)  
Grief  
Health Anxiety  
Hoarding  
Intrusive Thoughts  
Irritable Bowel Syndrome (IBS)  
MDD  
Misophonia  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Phobias  
Posttraumatic Stress Disorder (PTSD)  
Separation Anxiety  
Sleep Disorders  
Social Anxiety Disorder  
Stress  
Tourette's Syndrome  
Trauma  
Trichotillomania  
Other

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#### PAYMENT OPTIONS

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



#### 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>