



**Ernest Schmidt**

Zip Code: 94306

Zip Postal: 94306-1872

Language: English

**Populations Treated:** Adults, Seniors, Couples, Families, LGBTQI, Adolescents/Teens, Children

**Organization:** Palo Alto Therapy

**Treatment Options:** In Office, Telehealth, Phone Consultations

**Disorders Treated & Specialty:** Attention-Deficit/Hyperactivity Disorder, Agoraphobia, Anxiety, Depression, Generalized Anxiety Disorder (GAD), Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), School Refusal, Separation Anxiety, Social Anxiety Disorder, Trauma

**Treatment Methods:** Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Exposure Therapy, Medication Referral, Mindfulness

**Payment Options:** Accepts Credit Cards, Accepts Some Insurance

**Address1:** 407 Sherman Ave

**Address2:** Ste C

**Website:** <http://www.paloaltotherapy.com>

**City:** Palo Alto

**State/Providence:** California

**Degree:** LCSW

**Email:** [ernieschmidt@paloaltotherapy.com](mailto:ernieschmidt@paloaltotherapy.com)

**Office Phone:** 461-9026

**Telehealth:** California

#### ABOUT

Our cognitive behavioral therapists specialize in helping you overcome anxiety problems. We will teach you the skills to reduce anxiety, OCD, social shyness, or stress and provide tools to help you find enjoyment in life. Review our website to learn more about how we can help you: [www.paloaltotherapy.com/anxiety-therapists](http://www.paloaltotherapy.com/anxiety-therapists) We have successfully helped many people with anxiety & depression, often rather quickly. Choosing knowledgeable, experienced, and active therapists can make all the difference. We specialize in CBT or Cognitive Behavioral Therapy and in helping our clients overcome anxiety problems. Call us for an appointment or for a free phone consultation.

#### TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Medication Referral

Mindfulness

#### POPULATIONS TREATED

Adolescents/Teens

Adults

Children

Couples

Families

LGBTQI  
Seniors

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#### DISORDERS AND SPECIALITIES

Agoraphobia  
Anxiety  
Attention-Deficit/Hyperactivity Disorder  
Depression  
Generalized Anxiety Disorder (GAD)  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Posttraumatic Stress Disorder (PTSD)  
School Refusal  
Separation Anxiety  
Social Anxiety Disorder  
Trauma

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#### PAYMENT OPTIONS

Accepts Credit Cards  
Accepts Some Insurance



## ABOUT ANXIETY & DEPRESSION ASSOCIATION (ADAA)

### Looking for a Therapist? ADAA Can Help

ADAA's Find Your Therapist Directory is your trusted resource for connecting with licensed mental health professionals who specialize in treating anxiety, depression, OCD, PTSD, and other related disorders. Each provider listed holds a valid clinical license and brings expertise to support your mental wellness journey.

### If You're Having Trouble Finding a Therapist

If you don't find a match in our directory, we encourage you to:

- Contact your primary care provider
- Check with your health insurance company
- Explore other reputable directories of licensed mental health professionals

Please Note:

- U.S.-based clinicians cannot see clients who reside outside the United States due to licensing laws.
- Clinicians who do not mention insurance participation in their profile do not accept 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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*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 Choose 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 Anxiety, Depression, MDD, PTSD, OCD and more!**

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

**ADAA's Free 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 ADAA Online Peer-to-Peer Support Community**

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

**Meet ADAA's Institutional Members**

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

**Therapists: Watch ADAA's Find Your Therapist Video and Join the Directory!**

<https://youtu.be/Eq3zOzbfGoU>