



Felicity Sapp

Zip Code: T3H 4H9

Zip Postal: T3H 4H9

Language: English

Populations Treated: Children, Adolescents/Teens, Adults

Organization: OCD and Anxiety Psychological Services

Treatment Options: In Office, Telehealth, Phone Consultations

Disorders Treated & Specialty: Social Anxiety Disorder, Stress, Tinnitus Distress, Trichotillomania, Separation Anxiety, Emetophobia, Agoraphobia, Anxiety, Body Dysmorphic Disorder, Body Focused Repetitive Behaviors, Depression, Generalized Anxiety Disorder (GAD), Health Anxiety, Hoarding, Intrusive Thoughts, Misophonia, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias, Posttraumatic Stress Disorder (PTSD), Selective Mutism Disorder, School Refusal

Treatment Methods: Intensive Exposure Therapy Protocols, Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Cognitive Behavioral Therapy for Insomnia (CBT-I), Compassion-Focused Therapy, Exposure Therapy

Payment Options: Accepts Some Insurance

Address1: Westhills Corporate Center

Address2: Suite 102, 7370 Sierra Morena Blvd SW

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

City: Calgary

State/Providence: Alberta

Country: Canada

Degree: PhD

Preferred Pronouns: she/her/hers

Email: drufelicitysapp@ocdanxietypsych.com

Office Phone: (403) 404-6310

Professional focus: Psychologist

ABOUT

Dr. Felicity Sapp, is the Clinical Director of OCD and Anxiety Psychological Services that offers cognitive -behavioral therapy (including exposure therapy) to clients with OCD related disorders (e.g., obsessive -compulsive disorder, trichotillomania, skin-picking, body dysmorphic disorder) and anxiety disorders (e.g., separation anxiety, specific and social phobias, generalized, panic disorder and PTSD). She has particular expertise in working with children and adolescents but treats clients of all ages. She is a certified CBT therapist in Canada and faculty for the paediatric Behaviour Therapy Training Institute of the International OCD foundation.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Cognitive Behavioral Therapy for Insomnia (CBT-I)

Compassion-Focused Therapy

Exposure Therapy

Intensive Exposure Therapy Protocols

POPULATIONS TREATED

Adolescents/Teens

Adults
Children

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Body Dysmorphic Disorder
Body Focused Repetitive Behaviors
Depression
Emetophobia
Generalized Anxiety Disorder (GAD)
Health Anxiety
Hoarding
Intrusive Thoughts
Misophonia
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Phobias
Posttraumatic Stress Disorder (PTSD)
School Refusal
Selective Mutism Disorder
Separation Anxiety
Social Anxiety Disorder
Stress
Tinnitus Distress
Trichotillomania

PAYMENT OPTIONS

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.

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.

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

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>