



Jami Saperstein, LMHC

Zip Code: 33446

Zip Postal: 33446

Language: English

Populations Treated: Couples, Adults

Organization: Jami Saperstein, LMHC

Treatment Options: Telehealth

Disorders Treated & Specialty: Emotional Disturbance, Anxiety, Depression, Generalized Anxiety Disorder (GAD), Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Social Anxiety Disorder, Stress, Trauma

Treatment Methods: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Compassion-Focused Therapy, Dialectical Behavioral Therapy (DBT), Interpersonal Therapy (IPT), Mindfulness

Payment Options: Accepts Some Insurance, Accepts Credit Cards, Sliding Scale

Address1: 6586 West Atlantic Ave

Website: <http://myfloridatherapist.com>

City: Delray Beach

State/Providence: Florida

Country: United States

Degree: MSc

Preferred Pronouns: she/her/hers

Email: jamisap@icloud.com

Office Phone: 561-568-6951

Telehealth: Florida

Cell Phone: 561-568-6951

Professional focus: Marriage and Family Therapist, Counselor

ABOUT

Are you struggling with anxiety, depression, or low self-esteem? Are you feeling lost, stuck, or unmotivated? Does self-doubt creep in and stop you from making that career change, having connected relationships, and living the life you want to live? You're not alone. Wouldn't it feel great to feel like you're in the driver's seat of your own life and not your thoughts and emotions? In our work together, we'll gain awareness on what is important to you, what's keeping you stuck, and take action towards creating a life that is meaningful and connected in all areas of your life—relationships, work, school, family, spirituality, and wellness.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Compassion-Focused Therapy

Dialectical Behavioral Therapy (DBT)

Interpersonal Therapy (IPT)

Mindfulness

POPULATIONS TREATED

Adults

Couples

DISORDERS AND SPECIALITIES

Anxiety
Depression
Emotional Disturbance
Generalized Anxiety Disorder (GAD)
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Posttraumatic Stress Disorder (PTSD)
Social Anxiety Disorder
Stress
Trauma

PAYMENT OPTIONS

Accepts Credit Cards
Accepts Some Insurance
Sliding Scale



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.

For the ADAA mental health professionals, this directory also helps you connect with potential patients. To join the directory, contact membership@adaa.org.

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 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

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>