



## Joanna Kaye

Email

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Zip Code: 92103

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Language: English

Populations Treated: Adults

Organization: Anxiety, Trauma, and OCD Center of San Diego

Treatment Options: Telehealth

Disorders Treated & Specialty: Body Focused Repetitive Behaviors, Agoraphobia, Anxiety, Depression, Generalized Anxiety Disorder (GAD), Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Social Anxiety Disorder, Trauma

Treatment Methods: Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Exposure Therapy, Intensive Exposure Therapy Protocols, Telemental Health, Other, Acceptance and Commitment Therapy (ACT)

Payment Options: Accepts Credit Cards, Sliding Scale

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City: San Diego

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Degree: PhD

Preferred Pronouns: she/her/hers

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Office Phone: (619) 330-4010

Telehealth: California, Massachusetts

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Professional focus: Psychologist

### ABOUT

I help people with anxiety, intrusive thoughts, and traumatic experiences learn skills so their anxiety no longer gets in the way of their mood, relationships, or career. I am a clinical psychologist with expertise in the treatment of anxiety disorders, OCD, and PTSD. Many people struggling with these conditions live for years assuming their symptoms will always control much of their lives. A lot of scientific evidence, as well as my track record helping many clients make significant improvements, has shown otherwise. My treatment approach, based in cognitive behavioral therapy, is evidence-based, effective, and short-term. I have obtained specialized training from several leading institutions in the treatment of anxiety-related disorders. As a result, I am able to provide the most powerful treatments available for these issues, tailored to meet your individual needs. My clinical style is warm, approachable, and compassionate, while also being direct. I view therapy as teamwork, with both of us equally striving to help you move in the direction you want in your life. My ultimate goal is for you to not need me, as I teach my clients skills to empower them to become their own therapist. I deeply care about the patients I work with, and I truly love what I do. I hope we can work together to make the changes you're looking for!

### ADDITIONAL INFORMATION

<https://www.youtube.com/watch?v=cAK2xlvYnZk&feature=youtu.be>

### TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)  
Exposure Therapy  
Intensive Exposure Therapy Protocols  
Telemental Health  
Other

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#### POPULATIONS TREATED

Adults

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#### DISORDERS AND SPECIALITIES

Agoraphobia  
Anxiety  
Body Focused Repetitive Behaviors  
Depression  
Generalized Anxiety Disorder (GAD)  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Posttraumatic Stress Disorder (PTSD)  
Social Anxiety Disorder  
Trauma

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#### PAYMENT OPTIONS

Accepts Credit Cards  
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.

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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>