



Joanna Poppink

Zip Code: 90064
Zip Postal: 90064-2333
Language: English
Populations Treated: Adults, Seniors
Organization: Joanna Poppink, MFT
Treatment Options: Telehealth, Phone Consultations
Disorders Treated & Specialty: Trauma, Specific Phobias, Anxiety, Eating Disorders, Generalized Anxiety Disorder (GAD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Separation Anxiety, Social Anxiety Disorder
Treatment Methods: Cognitive Behavioral Therapy (CBT), Interpersonal Therapy (IPT), Mindfulness, Other
Payment Options: Accepts Cash and/or Checks
Address1: 10573 W Pico Blvd
Address2: # 20
Website: <http://www.eatingdisorderrecovery.net>
City: Los Angeles
State/Providence: California
Country: United States
Degree: MA, Others
Preferred Pronouns: she/her/hers
Email: joanna@poppink.com
Office Phone: 3104281941
Telehealth: Oregon, Arizona, California, Florida, Utah
Cell Phone: 3104281941
Professional focus: Marriage and Family Therapist

ABOUT

Anxiety is associated with loss of sleep, relationship difficulties, career stress, binge eating and more. In my practice we address the anxiety underlying these and other painful situations. A history of abuse, neglect and PTSD experiences can be part of your profile. I've been in practice for over 30 years. I bring a rich history of story and experience to my clients which helps them let go of self-criticism so we can work together to create a healing environment and a more healthy and satisfying way of living. All appointments are virtual. I am licensed and see clients in California, Arizona, Utah, Florida and Oregon.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)
Interpersonal Therapy (IPT)
Mindfulness
Other

POPULATIONS TREATED

Adults
Seniors

DISORDERS AND SPECIALITIES

Anxiety

Eating Disorders

Generalized Anxiety Disorder (GAD)

Panic Attacks/Panic Disorder

Posttraumatic Stress Disorder (PTSD)

Separation Anxiety

Social Anxiety Disorder

Specific Phobias

Trauma

PAYMENT OPTIONS

Accepts Cash and/or Checks



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>