



**Katherine Martinez**

Zip Code: V5Z 4C2

Zip Postal: V5Z 4C2

Language: English

Populations Treated: Children, Adolescents/Teens, Families

Organization: Behavioural Parenting

Treatment Options: In Office, Telehealth

Disorders Treated & Specialty: Tourette's Syndrome, Trichotillomania, Social Anxiety Disorder, Body Focused Repetitive Behaviors, Agoraphobia, Anxiety, Attention-Deficit/Hyperactivity Disorder, Autism Spectrum Disorder, Depression, Generalized Anxiety Disorder (GAD), Misophonia, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Selective Mutism Disorder, School Refusal, Separation Anxiety

Treatment Methods: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Exposure Therapy

Payment Options: Accepts Cash and/or Checks

Address1: 400-601 West Broadway

Website: <https://www.behaviouralparenting.com/>

City: Vancouver

State/Province: British Columbia

Country: Canada

Degree: PSYD

Preferred Pronouns: she/her/hers

Email: [drmartinez@behaviouralparenting.com](mailto:drmartinez@behaviouralparenting.com)

Office Phone: 6046752014

Cell Phone: 6046752014

Professional focus: Psychologist

## ABOUT

Dr. Martinez specializes in cognitive-behavioural assessment and treatment of anxiety, mood, and childhood disorders in youth, provides parent training to families, and conducts workshops and in-service trainings on CBT. She has co-authored the book, *Your anxious mind: A teen's guide to anxiety and panic* (Magination Press, 2009), and *Getting Comfortable with Uncertainty for Teens* (New Harbinger, 2021). In addition to working in private practice, Dr. Martinez is a staff writer and contractor for Anxiety Canada, a charitable organization and leader in developing online, self-help, and evidence-based resources on anxiety and anxiety disorders, and works as a consultant at CBT Connections, an organization that provides evidence-based training for health professionals working in Canada.

## TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

## POPULATIONS TREATED

Adolescents/Teens

Children

Families

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DISORDERS AND SPECIALITIES

- Agoraphobia
- Anxiety
- Attention-Deficit/Hyperactivity Disorder
- Autism Spectrum Disorder
- Body Focused Repetitive Behaviors
- Depression
- Generalized Anxiety Disorder (GAD)
- Misophonia
- Obsessive Compulsive Disorder (OCD)
- Panic Attacks/Panic Disorder
- Posttraumatic Stress Disorder (PTSD)
- School Refusal
- Selective Mutism Disorder
- Separation Anxiety
- Social Anxiety Disorder
- Tourette's Syndrome
- Trichotillomania

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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.**

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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>