



Ken Goodman

Zip Code: 91344

Zip Postal: 91344

Language: English

Populations Treated: Adolescents/Teens, Adults, Children

Organization: Anxiety and OCD Treatment of the Valley

Treatment Options: In Office, Telehealth

Disorders Treated & Specialty: Health Anxiety, Agoraphobia, Anxiety, Emetophobia, Generalized Anxiety Disorder (GAD), Intrusive Thoughts, Irritable Bowel Syndrome (IBS), Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias, Posttraumatic Stress Disorder (PTSD), Separation Anxiety, Social Anxiety Disorder, Stress, Trauma

Treatment Methods: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), EMDR, Exposure Therapy, Intensive Exposure Therapy Protocols, Mindfulness, Other

Payment Options: Accepts Venmo/App-based Payment, Accepts Credit Cards, Accepts Cash and/or Checks

Address1: 12648 Byron Ave.

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

City: Granada Hills

State/Providence: California

Country: United States

Degree: LCSW

Email: kengoodmanlcsw@yahoo.com

Office Phone: 426-1780

Telehealth: California

Cell Phone: (818) 426-1780

Professional focus: Social Worker

ABOUT

I am passionate about helping people conquer their anxiety and OCD. Although I help adults, teens and children overcome fears and phobias, stop panic attacks, and end excessive worry, I specialize in emetophobia and health anxiety. In my 20 plus years working with patients, I have been a part of the most amazing transformations. Go to KenGoodmanTherapy.com and check out the FREE self-help audios, articles and videos. I use a variety of treatment approaches including Cognitive-Behavioral, EMDR, Hypnosis, Exposure and Response Prevention and ACT. Therapy is active and goal-oriented with the focus on eliminating symptoms, resolving problems and improving one's life and relationships. I am also CEO of QuietMindSolutions.com, a company that produces self-help material for anxiety sufferers, including books, relaxation exercises, hypnosis sessions, and a 9 disc audio course. I also write

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

EMDR

Exposure Therapy

Intensive Exposure Therapy Protocols

Mindfulness

Other

POPULATIONS TREATED

Adolescents/Teens
Adults
Children

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Emetophobia
Generalized Anxiety Disorder (GAD)
Health Anxiety
Intrusive Thoughts
Irritable Bowel Syndrome (IBS)
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Phobias
Posttraumatic Stress Disorder (PTSD)
Separation Anxiety
Social Anxiety Disorder
Stress
Trauma

PAYMENT OPTIONS

Accepts Cash and/or Checks
Accepts Credit Cards
Accepts Venmo/App-based Payment



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>