



Kristina Orlova

Zip Code: 95814

Zip Postal: 95814

Language: English

Populations Treated: BIPOC, Seniors, LGBTQI, Adults, Adolescents/Teens

Organization: KOR Results Family Therapy Inc

Treatment Options: Telehealth, Phone Consultations

Disorders Treated & Specialty: Body Focused Repetitive Behaviors, Anxiety, Assessment, Body Dysmorphic Disorder, Depression, Emetophobia, Generalized Anxiety Disorder (GAD), Health Anxiety, Intrusive Thoughts, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias, Social Anxiety Disorder

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

Payment Options: Accepts Credit Cards

Address1: 901 H street

Address2: Suite 120

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

City: Sacramento

State/Province: California

Country: United States

Degree: LMFT, MA

Preferred Pronouns: she/her/hers

Email: info@korresults.com

Office Phone: 4158197365

Telehealth: California

Cell Phone: 4158197365

Professional focus: Marriage and Family Therapist

ABOUT

Kristina Orlova, a licensed therapist who specializes in the treatment of OCD, is the host of the OCD Whisperer podcast and created self study resources at www.korresults.com. She runs a Telehealth private practice based in California specializing in OCD and anxiety disorders. She offers individual outpatient sessions as well as Intensive Outpatient Program services for OCD specifically. She uses evidence based practices like Exposure Response Prevention for OCD, Inference Based CBT for OCD, Cognitive Behavioral Therapy and Exposure Therapy (ET) for social anxiety and generalized anxiety, and Behavior Activation (BA) for depression. She has been specializing in this niche since 2016. She is a therapist who also has OCD. Her social handle is: @ocdwhisperer (IG, YT, LinkedIn)

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

Mindfulness

Telemental Health

Other

POPULATIONS TREATED

Adolescents/Teens
Adults
BIPOC
LGBTQI
Seniors

DISORDERS AND SPECIALITIES

Anxiety
Assessment
Body Dysmorphic Disorder
Body Focused Repetitive Behaviors
Depression
Emetophobia
Generalized Anxiety Disorder (GAD)
Health Anxiety
Intrusive Thoughts
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Phobias
Social Anxiety Disorder

PAYMENT OPTIONS

Accepts Credit Cards



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>