



Lisa Junck MacDonald

Zip Code: 92130

Zip Postal: 92130

Language: English

Populations Treated: Adolescents/Teens, Seniors, Veterans

Treatment Options: Home Visits, In Office, Telehealth

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

Treatment Methods: Cognitive Behavioral Therapy (CBT), Exposure Therapy, Telemental Health

Payment Options: Accepts Some Insurance, Accepts Credit Cards, Accepts Cash and/or Checks, Sliding Scale

Address1: 12520 High Bluff Drive

Address2: #100

Website: <http://drlisamacdonald.com>

City: San Diego

State/Providence: California

Country: United States

Degree: PSYD

Preferred Pronouns: she/her/hers

Email: lisa@drlisamacdonald.com

Office Phone: 7602781585

Telehealth: California, Florida

Cell Phone: 7602781585

Professional focus: Psychologist

ABOUT

With over two decades dedicated to the field of psychology, my proficiency lies in evidence-based treatments for anxiety, OCD, trauma, and Body Focused Repetitive Disorders. I seek to empower clients to heal through effective therapies including iCBT for OCD, ERP, ACT, ComB and SPACE. My career reflects a commitment to continuous learning and developing expertise in treatment approaches that benefit my clients and produce meaningful and sustainable change.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Telemental Health

POPULATIONS TREATED

Adolescents/Teens

Seniors

Veterans

DISORDERS AND SPECIALITIES

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

PAYMENT OPTIONS

Accepts Cash and/or Checks
Accepts Credit Cards
Accepts Some Insurance
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.

For the ADAA mental health professionals, this directory also helps you connect with potential patients. To join the directory, contact membership@adaa.org.

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 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

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>