



**Monica Federoff**

Zip Code: 92037  
Zip Postal: 92037  
Language: English  
Populations Treated: Adults  
Treatment Options: Telehealth, In Office  
Disorders Treated & Specialty: Panic Attacks/Panic Disorder, Obsessive Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), Depression, Bipolar Disorder, Anxiety  
Treatment Methods: Psychopharmacology, Medication Management, Cognitive Behavioral Therapy (CBT)  
Payment Options: Accepts Credit Cards  
Address1: La Jolla, CA  
Website: <https://www.federoff-psychiatry.com/>  
City: San Diego  
State/Providence: California  
Country: United States  
Degree: PhD, MD  
Email: [monica.federoff22@gmail.com](mailto:monica.federoff22@gmail.com)  
Office Phone: 619-894-7380  
Telehealth: California  
Professional focus: Psychiatrist

#### TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)  
Medication Management  
Psychopharmacology

#### POPULATIONS TREATED

Adults

#### DISORDERS AND SPECIALITIES

Anxiety  
Bipolar Disorder  
Depression  
Generalized Anxiety Disorder (GAD)  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder

#### PAYMENT OPTIONS

Accepts Credit Cards





#### 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.

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*For the ADAA mental health professionals, this directory also helps you connect with potential patients. To join the directory, contact [membership@adaa.org](mailto:membership@adaa.org).*

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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 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](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>