



**Nicole Woolf**

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Zip Code: 91101

Zip Postal: 91101

Language: English

Populations Treated: Veterans, People W/ Disabilities, Adults, Seniors, Families, LGBTQI

Organization: Wolf Den Therapy

Treatment Options: Telehealth

Disorders Treated & Specialty: Generalized Anxiety Disorder (GAD), Anxiety, Posttraumatic Stress Disorder (PTSD), Sleep Disorders, Stress, Trauma

Treatment Methods: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Cognitive Behavioral Therapy for Insomnia (CBT-I), Other

Payment Options: Accepts Some Insurance, Accepts Credit Cards, Accepts Venmo/App-based Payment, Sliding Scale

Address1: 595 East Colorado Boulevard

Website: <https://wolfdentherapy.com/>

City: Pasadena

State/Providence: California

Country: United States

Degree: LCSW, MSW

Preferred Pronouns: she/her/hers

Email: [nicole@wolfdentherapy.com](mailto:nicole@wolfdentherapy.com)

Office Phone: 213-375-5366

Telehealth: California, Utah

Professional focus: Social Worker

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#### ABOUT

Specialized therapy for adults with insomnia, sleep issues, anxiety and trauma.

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#### EDUCATION

**University of Southern California**

2015 - 2018

MSW

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#### WORK EXPERIENCE

**Founder and Therapist**

Wolf Den Therapy

2022 - Present

California

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#### TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Cognitive Behavioral Therapy for Insomnia (CBT-I)  
Other

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#### POPULATIONS TREATED

Adults  
Families  
LGBTQI  
People W/ Disabilities  
Seniors  
Veterans

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#### DISORDERS AND SPECIALITIES

Anxiety  
Generalized Anxiety Disorder (GAD)  
Posttraumatic Stress Disorder (PTSD)  
Sleep Disorders  
Stress  
Trauma

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#### PAYMENT OPTIONS

Accepts Credit Cards  
Accepts Some Insurance  
Accepts Venmo/App-based Payment  
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.

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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>