



Sanjaya Saxena

Zip Code: 92127

Zip Postal: 92127

Language: English

Populations Treated: Adolescents/Teens, Adults, BIPOC, Seniors, LGBTQI, People W/ Disabilities, Veterans

Organization: San Diego Center for Obsessive-Compulsive & Related Disorders

Treatment Options: In Office, Telehealth

Disorders Treated & Specialty: Trichotillomania, Other, Tourette's Syndrome, Depression, Agoraphobia, Anxiety, BIPOC, Body Dysmorphic Disorder, Body Focused Repetitive Behaviors, Emetophobia, Generalized Anxiety Disorder (GAD), Health Anxiety, Hoarding, Intrusive Thoughts, LGBTQ+, MDD, Misophonia, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias, Posttraumatic Stress Disorder (PTSD), Social Anxiety Disorder

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

Payment Options: Accepts Credit Cards, Accepts Cash and/or Checks

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Address2: Suite 160

Website: <https://www.linkedin.com/in/sanjaya-saxena-8424ba12/>

City: San Diego

State/Province: California

Country: United States

Degree: FAPA, MD

Preferred Pronouns: he/him/his

Email: ssaxena@ucsd.edu

Office Phone: 619-743-4190

Telehealth: California

Cell Phone: 619-743-4190

Professional focus: Psychiatrist

ABOUT

Dr. Saxena's clinical practice is the San Diego Center for Obsessive-Compulsive & Related Disorders. He is a Distinguished Life Fellow of the American Psychiatric Association and a Fellow of the American College of Neuropsychopharmacology. He is also a Clinical Professor (voluntary) in UC San Diego Department of Psychiatry. He has been elected into Best Doctors in America every year 2005-2020, and elected into U.S. News and World Report's America's Top Doctors every year 2008-2021. He was previously Director of the UC San Diego Obsessive-Compulsive Disorders Program, Director of UC San Diego Outpatient Psychiatric Services, Director of the UCLA OCD Research Program, and Associate Director of the UCLA Anxiety Disorders Clinic.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Medication Management

Psychopharmacology

Telemental Health

POPULATIONS TREATED

Adolescents/Teens
Adults
BIPOC
LGBTQI
People W/ Disabilities
Seniors
Veterans

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
BIPOC
Body Dysmorphic Disorder
Body Focused Repetitive Behaviors
Depression
Emetophobia
Generalized Anxiety Disorder (GAD)
Health Anxiety
Hoarding
Intrusive Thoughts
LGBTQ+
MDD
Misophonia
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Phobias
Posttraumatic Stress Disorder (PTSD)
Social Anxiety Disorder
Tourette's Syndrome
Trichotillomania
Other

PAYMENT OPTIONS

Accepts Cash and/or Checks
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>