



susan haverty

Zip Code: 95662

Zip Postal: 95662

Language: English

Populations Treated: Adolescents/Teens, Adults, Seniors, Couples

Organization: Cognitive Behavioral Therapy

Treatment Options: Home Visits, In Office, Telehealth, Phone Consultations

Disorders Treated & Specialty: Social Anxiety Disorder, Suicidal Ideation, Trauma, Trichotillomania, Separation Anxiety, Depression, Agoraphobia, Anxiety, Body Dysmorphic Disorder, Body Focused Repetitive Behaviors, Emetophobia, Generalized Anxiety Disorder (GAD), Health Anxiety, Intrusive Thoughts, MDD, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias, Postpartum, Posttraumatic Stress Disorder (PTSD), School Refusal

Treatment Methods: Cognitive Behavioral Therapy (CBT), Exposure Therapy, Intensive Exposure Therapy Protocols, Other

Payment Options: Accepts Some Insurance, Accepts Cash and/or Checks

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Website: <http://susanhaverty.com>

City: Gold River

State/Province: California

Degree: MA

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Office Phone: 9163530750

Telehealth: California

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ABOUT

Susan has specialized for the past 20 years in Exposure Therapy for Anxiety and Depression. Additionally Susan does CBT for couples. Also, trained in Gottman and family systems for couples therapy. Specializing in individual therapy for survivors of narcissistic abuse.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

Other

POPULATIONS TREATED

Adolescents/Teens

Adults

Couples

Seniors

DISORDERS AND SPECIALITIES

Agoraphobia

Anxiety
Body Dysmorphic Disorder
Body Focused Repetitive Behaviors
Depression
Emetophobia
Generalized Anxiety Disorder (GAD)
Health Anxiety
Intrusive Thoughts
MDD
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Phobias
Postpartum
Posttraumatic Stress Disorder (PTSD)
School Refusal
Separation Anxiety
Social Anxiety Disorder
Suicidal Ideation
Trauma
Trichotillomania

PAYMENT OPTIONS

Accepts Cash and/or Checks
Accepts Some Insurance



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/>

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>