



**Susan Haverty**

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**Zip Code:** 95670

**Zip Postal:** 95670-4425

**Language:** English

**Populations Treated:** Adults, Seniors, Couples, Families, Other

**Organization:** Susan Haverty, MA MFT

**Treatment Options:** In Office, Telehealth, Phone Consultations

**Disorders Treated & Specialty:** Trichotillomania, 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), Trauma

**Treatment Methods:** Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Exposure Therapy, Intensive Exposure Therapy Protocols, Mindfulness, Telemental Health

**Payment Options:** Accepts Venmo/App-based Payment, Accepts Cash and/or Checks

**Address1:** 11246 Gold Express Dr

**Address2:** Suite 106

**Website:** <http://www.susanhaverty.com>

**City:** Gold River

**State/Providence:** California

**Country:** United States

**Degree:** LMFT, MA

**Email:** [wellnessforclients@yahoo.com](mailto:wellnessforclients@yahoo.com)

**Office Phone:** 9163530750

**Telehealth:** California

**Cell Phone:** 916 3530750

**Professional focus:** Marriage and Family Therapist

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#### ABOUT

Specializing in OCD and Anxiety/Depressive Disorders Narcissistic Abuse recovery for survivors.

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#### TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

Mindfulness

Telemental Health

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#### POPULATIONS TREATED

Adults

Couples

Families

Seniors

Other

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## 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)  
Trauma  
Trichotillomania

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## PAYMENT OPTIONS

Accepts Cash and/or Checks  
Accepts Venmo/App-based Payment



#### 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>