



Tejal Jakatdar

Zip Code: 95126
Zip Postal: 95126-1437
Language: English, Marathi
Populations Treated: Children, Adolescents/Teens, Adults
Organization: Willow Anxiety And OCD
Treatment Options: Home Visits, In Office, Telehealth, Phone Consultations
Disorders Treated & Specialty: Social Anxiety Disorder, Trauma, Trichotillomania, Other, Separation Anxiety, Agoraphobia, Anxiety, Body Dysmorphic Disorder, Body Focused Repetitive Behaviors, Depression, Eating Disorders, Generalized Anxiety Disorder (GAD), Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Selective Mutism Disorder, School Refusal
Treatment Methods: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Exposure Therapy, Mindfulness
Payment Options: Accepts Cash and/or Checks, Accepts Credit Cards, Sliding Scale
Address1: 1900 The Alameda
Address2: Ste 610
Website: <https://www.willowcbt.com/>
City: San Jose
State/Province: California
Home Email: tejal@willowcbt.com
Degree: PhD
Preferred Pronouns: she/her/hers
Email: tejal@willowcbt.com
Office Phone: 408-475-1665
Telehealth: California, Pennsylvania
Cell Phone: 757-450-6752

ABOUT

Dr. Jakatdar's clinical philosophy is to approach you as a whole person and not just your target symptoms. Dealing with anxiety, sadness, OCD symptoms, reproductive issues, or post partum depression can create guilt, shame, and isolation, making it more difficult to live a full and healthy life. Dr. Jakatdar will teach you how to change your ways of thinking and behaviors that are keeping you stuck. Empathetic and thoughtful, she tailors a personalized, cutting edge treatment plan specifically for your needs and level of readiness. Although typically described as gentle and warm, Dr. Jakatdar offers tough love too as she holds you accountable as you work to confront your fears. She uncovers what is stopping you from living according to your values and helps you to remove those barriers. Ultimately she helps you to achieve measurable progress toward your goals as she encourages you to live the best life you can. Dr. Jakatdar's has a reputation for excellence in treating OCD and anxiety. She practices under the umbrella of cognitive behavioral therapy (CBT). CBT has been widely researched for decades and is the gold standard for treating many types of anxiety and mood disorders. CBT is collaborative, structured, problem focused, and hands-on. Based on her expertise and history of effective treatment outcomes, Dr. Jakatdar is often sought out to treat complex cases of OCD and anxiety. She combines the optimal mix of elements from CBT, exposure therapy, acceptance and commitment therapy, and mindfulness so you gain the ability to manage your issues effectively and live a meaningful life. As an immigrant from India, Dr. Jakatdar is keenly aware of how culture and family values shape a person. Having lived in 2 very different cultures, she has learned to understand cases from both the complexity of the diagnosis and the cultural implications. She is well aware of the impact that family pressures, high expectations, challenges with independence, and language and cultural adaptations can have on mood and anxiety. As such, she is sensitive to cultural issues when devising treatment interventions with clients of different ethnicities. Dr. Jakatdar received her doctoral degree in clinical psychology from Temple University in Philadelphia, one of the top 10 clinical psychology programs in the country. She completed her internship at NewYork-Presbyterian/Weill Cornell Medical Center in New York City. In 2010, she co-founded the Anxiety and OCD Treatment Center of Philadelphia, one of the preeminent national programs for OCD treatment. She has been practicing in Silicon Valley since 2016. A passionate and respected educator, Dr. Jakatdar served as adjunct faculty for the clinical psychology program at Temple University and has supervised numerous practicum and postdoctoral students. Her research has been published in peer-reviewed journals and she has written a book chapter on treating

social anxiety disorder. In addition, she frequently presents at national conferences for mental health professionals as well as in community settings to educate the public on anxiety, perfectionism and OCD.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)
Cognitive Behavioral Therapy (CBT)
Exposure Therapy
Mindfulness

POPULATIONS TREATED

Adolescents/Teens
Adults
Children

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Body Dysmorphic Disorder
Body Focused Repetitive Behaviors
Depression
Eating Disorders
Generalized Anxiety Disorder (GAD)
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Posttraumatic Stress Disorder (PTSD)
School Refusal
Selective Mutism Disorder
Separation Anxiety
Social Anxiety Disorder
Trauma
Trichotillomania
Other

PAYMENT OPTIONS

Accepts Cash and/or Checks
Accepts Credit Cards
Sliding Scale



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>