



Theresa C., MSSW, LICSW

Zip Code: 98362
Zip Postal: 98362
Language: English
Populations Treated: LGBTQI, Seniors, Adults
Organization: Olympic OCD Services PLLC
Treatment Options: Phone Consultations, Telehealth
Disorders Treated & Specialty: Trauma, Obsessive Compulsive Disorder (OCD)
Treatment Methods: Cognitive Behavioral Therapy (CBT), Other, Telemental Health, Exposure Therapy, EMDR, Acceptance and Commitment Therapy (ACT)
Payment Options: Accepts Credit Cards, Accepts Some Insurance
Address1: 424 E 1st St Unit 354
Website: <http://www.OlympicOCD.com>
City: Port Angeles
State/Province: Washington
Country: United States
Degree: MS, LICSW, LCSW
Email: Theresa@OlympicOCD.com
Office Phone: 5656216
Telehealth: Washington
Professional focus: Social Worker

ABOUT

Welcome! If you are an adult in Washington state or Pennsylvania seeking effective treatment for OCD, I would love to hear from you! I specialize in treating OCD, and I am especially skilled in treating “rumination as a compulsion”—mental compulsions that are not visible to anyone else. You've come to the right place! I offer Exposure with Response Prevention (ERP), Inference-based Cognitive Behavioral Therapy (I-CBT), and Metacognitive Therapy (MCT)—all of which are scientifically effective in treating OCD. I am very excited to bring Inference-based Therapy (I-CBT) to my clients. It has been described as profound and a “game-changer” by ruminators. Although this compassionate and effective psychotherapy is offered only by a very limited number of OCD experts in the United States, it has helped people recover from OCD for over 20 years in various parts of the world, including Canada and Europe. Finally, we have science-backed options that target what so many others miss! Exposures aren't necessary... but they are optional. Together, we can explore what gives you the best results. Deciding you are ready for change is a big step, and our work together will include mutual dedication and engagement. You deserve to experience life without torment from obsessional doubts, and it's my passion to help you get there! My personal lived experience and recovery from OCD enable me to support others with understanding and non-judgment. I look forward to joining you in your recovery from OCD! It is possible and there is hope! Warmly, Theresa

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)
Cognitive Behavioral Therapy (CBT)
EMDR
Exposure Therapy
Telemental Health
Other

POPULATIONS TREATED

Adults
LGBTQI
Seniors

DISORDERS AND SPECIALITIES

Obsessive Compulsive Disorder (OCD)
Trauma

PAYMENT OPTIONS

Accepts Credit Cards
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/>

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>