



Travis Osborne

Zip Code: 98101

Zip Postal: 98101-3136

Language: English

Populations Treated: LGBTQI, Adults, Seniors

Organization: The Anxiety Center at EBTCS

Treatment Options: Home Visits

Disorders Treated & Specialty: Body Dysmorphic Disorder, Agoraphobia, Anxiety, Depression, Hoarding, Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Trauma, Trichotillomania

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

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

Address1: 1200 5th Ave

Address2: Ste 800

Website: <http://ebtseattle.com/team/travis-osborne-ph-d/>

City: Seattle

State/Providence: Washington

Country: United States

Degree: PhD

Preferred Pronouns: he/him/his

Email: tosborne@ebtseattle.com

Office Phone: 374-0109

Telehealth: Washington

Cell Phone: 2066792276

Professional focus: Psychologist

ABOUT

I specialize in providing cognitive-behavioral therapy for panic disorder, OCD, social anxiety, phobias, GAD, PTSD and trichotillomania.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

Mindfulness

POPULATIONS TREATED

Adults

LGBTQI

Seniors

DISORDERS AND SPECIALITIES

Agoraphobia

Anxiety
Body Dysmorphic Disorder
Depression
Hoarding
Panic Attacks/Panic Disorder
Posttraumatic Stress Disorder (PTSD)
Trauma
Trichotillomania

PAYMENT OPTIONS

Accepts Cash and/or Checks
Accepts Credit Cards



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.

For the ADAA mental health professionals, this directory also helps you connect with potential patients. To join the directory, contact membership@adaa.org.

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 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

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>