



**Courtney Jacobs**

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Zip Code: 91321

Zip Postal: 91321

Language: English

Populations Treated: Children, Adolescents/Teens, Adults, Families

Organization: Dr. Courtney Anne Jacobs

Treatment Options: Home Visits, Telehealth, Phone Consultations

Disorders Treated & Specialty: Trichotillomania, Depression, Agoraphobia, Anxiety, Body Dysmorphic Disorder, Generalized Anxiety Disorder (GAD), Hoarding, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Selective Mutism Disorder, School Refusal, Separation Anxiety, Social Anxiety Disorder, Tourette's Syndrome

Treatment Methods: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Exposure Therapy, Intensive Exposure Therapy Protocols, Medication Referral

Payment Options: Accepts Venmo/App-based Payment, Accepts Credit Cards, Accepts Cash and/or Checks, Sliding Scale

Address1: 24359 Walnut Street

Address2: Unit A

Website: <http://www.compassionatesolutionsscv.com>

City: Santa Clarita

State/Province: California

Country: United States

Degree: PhD

Preferred Pronouns: she/her/hers

Email: [drcourtneyjacobs@gmail.com](mailto:drcourtneyjacobs@gmail.com)

Office Phone: 818 804-8170

Telehealth: California

Professional focus: Psychologist

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#### ABOUT

Specializing in cognitive-behavioral treatment of Anxiety Disorders, Obsessive-Compulsive & Related Disorders and Depressive Disorders for children, adolescents and adults. I have over 20 years experience and was the former Associate Director of the child & Adolescent Anxiety Program at UCLA-NPI.

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#### TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

Medication Referral

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#### POPULATIONS TREATED

Adolescents/Teens

Adults

Children

Families

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## DISORDERS AND SPECIALITIES

Agoraphobia  
Anxiety  
Body Dysmorphic Disorder  
Depression  
Generalized Anxiety Disorder (GAD)  
Hoarding  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Posttraumatic Stress Disorder (PTSD)  
School Refusal  
Selective Mutism Disorder  
Separation Anxiety  
Social Anxiety Disorder  
Tourette's Syndrome  
Trichotillomania

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## PAYMENT OPTIONS

Accepts Cash and/or Checks  
Accepts Credit Cards  
Accepts Venmo/App-based Payment  
Sliding Scale



#### 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>