



Efraem Janairo

Zip Code: 4102

Zip Postal: 4102

Language: English

Populations Treated: Adolescents/Teens, Adults, Couples

Organization: Colegio de San Juan de Letran, Intramuros, Manila, Philippines

Treatment Options: Telehealth

Disorders Treated & Specialty: Stress, Trauma, Social Anxiety Disorder, Depression, Anxiety, Attention-Deficit/Hyperactivity Disorder, Bipolar Disorder, Borderline Personality Disorder (BPD), Emotional Disturbance, Family Conflict, Generalized Anxiety Disorder (GAD), Grief, Health Anxiety, MDD, Panic Attacks/Panic Disorder

Treatment Methods: Mindfulness, Alternative Therapies, Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT)

Payment Options: Sliding Scale

City: Bacoar Cavite

Country: Philippines

Degree: LPC

Preferred Pronouns: he/him/his

Email: efraem.janairo@letran.edu.ph

Professional focus: Counselor

TREATMENT APPROACH

Alternative Therapies

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)

Mindfulness

POPULATIONS TREATED

Adolescents/Teens

Adults

Couples

DISORDERS AND SPECIALITIES

Anxiety

Attention-Deficit/Hyperactivity Disorder

Bipolar Disorder

Borderline Personality Disorder (BPD)

Depression

Emotional Disturbance

Family Conflict

Generalized Anxiety Disorder (GAD)

Grief

Health Anxiety

MDD

Panic Attacks/Panic Disorder

Social Anxiety Disorder
Stress
Trauma

PAYMENT OPTIONS

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>