



Elizabeth Penela

Email

drpenela@wellnessinbroward.com

Zip Code: 33028

Zip Postal: 33028

Language: Spanish, English

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

Organization: Wellness in Broward

Treatment Options: Telehealth

Disorders Treated & Specialty: Anxiety, Social Anxiety Disorder, Separation Anxiety, Selective Mutism Disorder, Panic Attacks/Panic Disorder, Obsessive Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), Agoraphobia

Treatment Methods: Mindfulness, Exposure Therapy, Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT)

Payment Options: Accepts Credit Cards

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Country: United States

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Degree: PhD

Preferred Pronouns: she/her/hers

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Telehealth: Wyoming, Wisconsin, West Virginia, Washington, Virginia, Utah, Texas, Arkansas, Kentucky, Kansas, Indiana, Illinois, Idaho, Georgia, Connecticut, Colorado, Maine, Arizona, Alabama, New Jersey, Tennessee, South Carolina, Rhode Island, Pennsylvania, Oklahoma, Ohio, North Dakota, North Carolina, New Hampshire, Nevada, Nebraska, Missouri, Minnesota, Michigan, Maryland

Professional focus: Psychologist

ABOUT

Dr. Penela is a psychologist specializing in the treatment of anxiety, OCD, and related issues. She provides compassionate and effective, evidence-based treatment to children, parents and adults in both English and Spanish. Therapy services are offered in-person in South Florida, as well as via tele-health to residents in Florida and other PSYPACT approved states. In therapy, Dr. Penela primarily uses a cognitive-behavioral therapy (CBT) framework, Exposure and Response Prevention (ERP), and Acceptance and Commitment Therapy (ACT). She also often works with parents of children who struggle with anxiety and OCD using the SPACE (Supportive Parenting of Anxious Childhood Emotions) approach, a cutting-edge treatment developed at Yale University. Dr. Penela empowers individuals and families to overcome the challenges that are holding them back from living a full and meaningful life, and helps them develop confidence in their ability to navigate future challenges.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Mindfulness

POPULATIONS TREATED

Adolescents/Teens
Adults
Children
Families
LGBTQI

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Generalized Anxiety Disorder (GAD)
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Selective Mutism Disorder
Separation Anxiety
Social Anxiety Disorder

PAYMENT OPTIONS

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>