



Ernest Schmidt

Zip Code: 94306

Zip Postal: 94306-1872

Language: English

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

Organization: Palo Alto Therapy

Treatment Options: In Office, Telehealth, Phone Consultations

Disorders Treated & Specialty: Attention-Deficit/Hyperactivity Disorder, Agoraphobia, Anxiety, Depression, Generalized Anxiety Disorder (GAD), Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), School Refusal, Separation Anxiety, Social Anxiety Disorder, Trauma

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

Payment Options: Accepts Credit Cards, Accepts Some Insurance

Address1: 407 Sherman Ave

Address2: Ste C

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

City: Palo Alto

State/Province: California

Country: United States

Degree: LCSW

Email: ernieschmidt@paloaltotherapy.com

Office Phone: 461-9026

Telehealth: California

Professional focus: Social Worker, Marriage and Family Therapist, Counselor

ABOUT

Our cognitive behavioral therapists specialize in helping you overcome anxiety problems. We will teach you the skills to reduce anxiety, OCD, social shyness, or stress and provide tools to help you find enjoyment in life. Review our website to learn more about how we can help you: www.paloaltotherapy.com/anxiety-therapists We have successfully helped many people with anxiety & depression, often rather quickly. Choosing knowledgeable, experienced, and active therapists can make all the difference. We specialize in CBT or Cognitive Behavioral Therapy and in helping our clients overcome anxiety problems. Call us for an appointment or for a free phone consultation.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Medication Referral

Mindfulness

POPULATIONS TREATED

Adolescents/Teens

Adults

Children

Couples
Families
LGBTQI
Seniors

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Attention-Deficit/Hyperactivity Disorder
Depression
Generalized Anxiety Disorder (GAD)
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Posttraumatic Stress Disorder (PTSD)
School Refusal
Separation Anxiety
Social Anxiety Disorder
Trauma

PAYMENT OPTIONS

Accepts Credit Cards
Accepts Some Insurance



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>