



**Golnaz Agahi**

Zip Code: 92618

Zip Postal: 92618

Language: English, Persian, Spanish

Populations Treated: Adults, BIPOC, Seniors, Couples, Families, LGBTQI, People W/ Disabilities, Veterans, Other, Adolescents/Teens, Children

Organization: Arise Wellness Center

Treatment Options: Group Therapy, In Office, Telehealth, Phone Consultations

Disorders Treated & Specialty: Emotional Disturbance, Anger Management, Anxiety, Depression, Divorce, Family Conflict, Generalized Anxiety Disorder (GAD), Grief, MDD, Postpartum, Posttraumatic Stress Disorder (PTSD), Self-Harm, Separation Anxiety, Social Anxiety Disorder, Stress, Substance Abuse, Suicidal Ideation, Trauma

Treatment Methods: Other, Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Mindfulness, Telemental Health

Payment Options: Accepts Some Insurance, Accepts Credit Cards, Accepts Cash and/or Checks, Accepts Venmo/App-based Payment, Accepts Medicare

Address1: 9233 Research Dr

Website: <https://arisewellness.center/>

City: Irvine

State/Providence: California

Country: United States

Degree: DSW

Email: [golnaz@socialwiseconsulting.com](mailto:golnaz@socialwiseconsulting.com)

Office Phone: 844-932-7473

Telehealth: California

Professional focus: Social Worker

## ABOUT

Welcome to Arise Wellness, your sanctuary for holistic health and wellbeing. We believe in nurturing the mind, body, and spirit to achieve harmony and vitality in every aspect of life. Our compassionate staff create a safe space for healing and growth, where you can feel empowered to embrace your journey towards a healthier, happier life.

## TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)

Mindfulness

Telemental Health

Other

## POPULATIONS TREATED

Adolescents/Teens

Adults

BIPOC

Children

Couples  
Families  
LGBTQI  
People W/ Disabilities  
Seniors  
Veterans  
Other

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#### DISORDERS AND SPECIALITIES

Anger Management  
Anxiety  
Depression  
Divorce  
Emotional Disturbance  
Family Conflict  
Generalized Anxiety Disorder (GAD)  
Grief  
MDD  
Postpartum  
Posttraumatic Stress Disorder (PTSD)  
Self-Harm  
Separation Anxiety  
Social Anxiety Disorder  
Stress  
Substance Abuse  
Suicidal Ideation  
Trauma

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#### PAYMENT OPTIONS

Accepts Cash and/or Checks  
Accepts Credit Cards  
Accepts Medicare  
Accepts Some Insurance  
Accepts Venmo/App-based Payment



## 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.**

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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 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](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>