



Joanna Poppink

Zip Code: 90064
Zip Postal: 90064-2333
Language: English
Populations Treated: Adults, Seniors
Organization: Joanna Poppink, MFT
Treatment Options: Telehealth, Phone Consultations
Disorders Treated & Specialty: Trauma, Specific Phobias, Anxiety, Eating Disorders, Generalized Anxiety Disorder (GAD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Separation Anxiety, Social Anxiety Disorder
Treatment Methods: Cognitive Behavioral Therapy (CBT), Interpersonal Therapy (IPT), Mindfulness, Other
Payment Options: Accepts Cash and/or Checks
Address1: 10573 W Pico Blvd
Address2: # 20
Website: <http://www.eatingdisorderrecovery.net>
City: Los Angeles
State/Providence: California
Country: United States
Degree: MA, Others
Preferred Pronouns: she/her/hers
Email: joanna@poppink.com
Office Phone: 3104281941
Telehealth: Oregon, Arizona, California, Florida, Utah
Cell Phone: 3104281941
Professional focus: Marriage and Family Therapist

ABOUT

Anxiety is associated with loss of sleep, relationship difficulties, career stress, binge eating and more. In my practice we address the anxiety underlying these and other painful situations. A history of abuse, neglect and PTSD experiences can be part of your profile. I've been in practice for over 30 years. I bring a rich history of story and experience to my clients which helps them let go of self-criticism so we can work together to create a healing environment and a more healthy and satisfying way of living. All appointments are virtual. I am licensed and see clients in California, Arizona, Utah, Florida and Oregon.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)
Interpersonal Therapy (IPT)
Mindfulness
Other

POPULATIONS TREATED

Adults
Seniors

DISORDERS AND SPECIALITIES

Anxiety

Eating Disorders

Generalized Anxiety Disorder (GAD)

Panic Attacks/Panic Disorder

Posttraumatic Stress Disorder (PTSD)

Separation Anxiety

Social Anxiety Disorder

Specific Phobias

Trauma

PAYMENT OPTIONS

Accepts Cash and/or Checks



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>