



**John Montopoli**

---

Zip Code: 94109  
Zip Postal: 94109-5279  
Language: English  
Populations Treated: LGBTQI, Adults, Adolescents/Teens  
Organization: Pacific CBT  
Treatment Options: Home Visits  
Disorders Treated & Specialty: Agoraphobia, Anxiety, Body Dysmorphic Disorder, Depression, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Trichotillomania  
Treatment Methods: Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Exposure Therapy, Mindfulness  
Payment Options: Accepts Credit Cards  
Address1: 1801 Bush St  
Address2: Ste 205  
Website: <http://www.pacificcbt.com>  
City: San Francisco  
State/Province: California  
Country: United States  
Home Email: [jrmontopoli@gmail.com](mailto:jrmontopoli@gmail.com)  
Degree: LPCC, LMFT  
Preferred Pronouns: he/him/his  
Email: [john@pacificcbt.com](mailto:john@pacificcbt.com)  
Office Phone: 4156894131  
Cell Phone: 4156894131  
Professional focus: Marriage and Family Therapist, Counselor

---

#### ABOUT

John Montopoli, LMFT, LPCC, of Pacific CBT, is a licensed psychotherapist and certified cognitive therapist specializing in Cognitive-Behavioral Therapy for the treatment of Anxiety Disorders located in the Pacific Heights area of San Francisco. John is dedicated to providing high-quality, evidence-based therapy to adults struggling with Social Anxiety Disorder and Shyness, Phobias, Health Anxiety, Panic Disorders, Generalized Anxiety, Obsessive Compulsive Disorder, and Depression. John is also a co-founder of the National Social Anxiety Center.  
[www.nationalsacenter.com](http://www.nationalsacenter.com)

---

#### TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)  
Dialectical Behavioral Therapy (DBT)  
Exposure Therapy  
Mindfulness

---

#### POPULATIONS TREATED

Adolescents/Teens  
Adults  
LGBTQI

---

## DISORDERS AND SPECIALITIES

Agoraphobia  
Anxiety  
Body Dysmorphic Disorder  
Depression  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Trichotillomania

---

## PAYMENT OPTIONS

Accepts Credit Cards



## 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](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>