
Jose Caraballo



Zip Code: 33308
Zip Postal: 33308
Language: English, Spanish
Populations Treated: Adults, BIPOC, Seniors
Treatment Options: Telehealth
Disorders Treated & Specialty: Trauma, Stress, Anxiety, Anger Management, Depression, Divorce, Emotional Disturbance, Family Conflict, Generalized Anxiety Disorder (GAD), Grief, Health Anxiety, MDD, Panic Attacks/Panic Disorder, Social Anxiety Disorder
Treatment Methods: Cognitive Behavioral Therapy (CBT), Telemental Health, Other
Payment Options: Accepts Medicaid, Accepts Some Insurance, Accepts Credit Cards, Accepts Venmo/App-based Payment, Accepts Medicare
Address1: 3500 Galt Ocean Drive
Address2: 816
Website: <https://linktr.ee/centerforlifeenrichment>
City: Fort Lauderdale
State/Providence: Florida
Country: United States
Degree: LCSW, MSW
Email: caraballo12345@gmail.com
Office Phone: 305-968-1257
Telehealth: Florida, Massachusetts
Cell Phone: 305-968-1257
Professional focus: Social Worker, Counselor

ABOUT

We all have goals that we are trying to reach in life. We all have dreams that we would like to see come true. Sometimes our thoughts, emotions, behaviors or even our relationships can get in the way of living our best lives. Sometimes it can be years before we've figured out what it is that's holding us back. Therapy has helped millions of people get back on track and begin living life on their terms. Don't wait too long. You and your future are worth the efforts. We'll work together to identify and use your strengths, to gain insight, and learn skills to better handle life's challenges. My mission is to help people like you feel more confident, peaceful, and proud of your life and relationships. Strengths-Based, Cognitive Therapy, Motivational Interviewing, Positive Psychology. Let's work together to find what you are looking for. Call now to set up your first visit. Saturday appointments available for your convenience. I wrote a book on overcoming Childhood Trauma called "The Life Enrichment Journey".

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)
Telemental Health
Other

POPULATIONS TREATED

Adults
BIPOC
Seniors

DISORDERS AND SPECIALITIES

Anger Management
Anxiety
Depression
Divorce
Emotional Disturbance
Family Conflict
Generalized Anxiety Disorder (GAD)
Grief
Health Anxiety
MDD
Panic Attacks/Panic Disorder
Social Anxiety Disorder
Stress
Trauma

PAYMENT OPTIONS

Accepts Credit Cards
Accepts Medicaid
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.

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

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>