



Katiah Llerena

Zip Code: 94102

Zip Postal: 94102-2903

Language: English, Spanish

Populations Treated: Adults

Organization: Gramercy Psychological Services

Treatment Options: Telehealth, Phone Consultations

Disorders Treated & Specialty: Stress, Social Anxiety Disorder, Assessment, Anxiety, Attention-Deficit/Hyperactivity Disorder, BIPOC, Depression, Generalized Anxiety Disorder (GAD), Grief, MDD, Panic Attacks/Panic Disorder, Postpartum, Posttraumatic Stress Disorder (PTSD)

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

Payment Options: Accepts Credit Cards, Accepts Venmo/App-based Payment

Address1: 870 Market St

Address2: Ste 800

Website: <http://https://gramercypsychologicalservices.com/>

City: San Francisco

State/Province: California

Degree: PhD

Email: drkatiahllerena@gmail.com

Office Phone: 4159938208

Telehealth: California, Florida, New York

Cell Phone: 4159938208

ABOUT

Dr. Katiah Llerena, PhD, is a licensed clinical psychologist specializing in scientifically-based individual counseling, psychotherapy, and coaching. She offers her services both in-person in San Francisco and through online live video therapy, extending her reach to clients throughout California, Florida, and New York. Life can present various challenges that accumulate and cause stress for many adults. These stressors, such as career demands, relationship dynamics, family issues, and loss, often lead to anxiety, depression, and feeling “stuck” in painful circumstances. Dr. Llerena is dedicated to helping you understand and master these stressors to improve your emotional well-being. Her mission as a mental health provider is to guide you towards fulfillment and overall wellness. Along with her extensive background in neuroscience, Dr. Llerena employs an empathic and collaborative approach to help you build resilience and discover practical solutions. By exploring your thoughts, emotions, and behaviors, she tailors therapy to suit your unique needs, drawing from a diverse range of evidence-based techniques such as Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Schema Therapy, and psychodynamic and emotion-focused approaches. Dr. Llerena is committed to providing a safe and supportive environment where you can embark on a transformative journey towards personal growth and healing. Together, you will work towards unlocking your potential and achieving a greater sense of balance and fulfillment in your life.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)

Mindfulness

Telemental Health

POPULATIONS TREATED

Adults

DISORDERS AND SPECIALITIES

Anxiety
Assessment
Attention-Deficit/Hyperactivity Disorder
BIPOC
Depression
Generalized Anxiety Disorder (GAD)
Grief
MDD
Panic Attacks/Panic Disorder
Postpartum
Posttraumatic Stress Disorder (PTSD)
Social Anxiety Disorder
Stress

PAYMENT OPTIONS

Accepts Credit Cards
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/>

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>