



Katie Flanigan Landeros

Zip Code: 90245

Zip Postal: 90245-5074

Language: English

Populations Treated: Children, Adolescents/Teens, Adults, Seniors, LGBTQI

Organization: Dr. Flanigan-Landeros OCD and Psychological Services

Treatment Options: In Office, Telehealth, Phone Consultations

Disorders Treated & Specialty: Social Anxiety Disorder, Stress, Substance Abuse, Trauma, Trichotillomania, Separation Anxiety, Depression, Anxiety, Assessment, Attention-Deficit/Hyperactivity Disorder, Autism Spectrum Disorder, Bipolar Disorder, Body Focused Repetitive Behaviors, Borderline Personality Disorder (BPD), Developmental Disorders, Emetophobia, Emotional Disturbance, Family Conflict, Generalized Anxiety Disorder (GAD), Grief, Health Anxiety, Hoarding, Intrusive Thoughts, MDD, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias, Posttraumatic Stress Disorder (PTSD)

Treatment Methods: Exposure Therapy, Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Compassion-Focused Therapy, Dialectical Behavioral Therapy (DBT), EMDR, Interpersonal Therapy (IPT), Medication Referral, Mindfulness, Telemental Health

Payment Options: Accepts Credit Cards

Address1: 400 Continental Blvd

Address2: Fl 6

City: El Segundo

State/Province: California

Degree: MA, PSYD

Preferred Pronouns: she/her/hers

Email: Drflaniganlanderos@ocdpsychcare.com

Office Phone: 3109902138

Telehealth: California

ABOUT

Katie has a Psy.D degree completed her predoctoral internship at Kaiser Permanente Los Angeles Medical Care center where she gained extensive experience diagnosing and treating a diverse and high need population ranging from ages 2 to 92. She is currently a Licensed Clinical Psychologist in California. Katie completed her Doctoral degree in Clinical psychology from an APA-accredited program, The Chicago School of Professional Psychology, Anaheim. She has a passion for working with clients whose mental health challenges interfere with relationship functioning, clients experiencing parenting challenges, and those facing difficulties related to intergenerational conflict due to differences in acculturation. She has developed interest and expertise in treating OCD and anxiety disorders. ? Katie has developed skills in viewing clients' symptoms in the context of their relationships, cultural background, and individual needs. Through this whole-person approach, she has skillfully guided her clients on healing journeys, managing distressing symptom, thereby increasing quality of life for her clients. Her clients achieved therapeutic gains using evidence-based practices, such as CBT, ERP, ACT. Katie has a fundamental understanding that the human condition predisposes us to difficult life circumstances that can lead to symptoms of depression, anxiety, relationship difficulties, and struggles with parenting, among other clinical outcomes. Katie practices with the philosophy that suffering can be transformed into opportunities to live a valued life. Katie has a talent for connecting with clients with warmth, compassion, and empathy.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Compassion-Focused Therapy

Dialectical Behavioral Therapy (DBT)

EMDR

Exposure Therapy
Interpersonal Therapy (IPT)
Medication Referral
Mindfulness
Telemental Health

POPULATIONS TREATED

Adolescents/Teens
Adults
Children
LGBTQI
Seniors

DISORDERS AND SPECIALITIES

Anxiety
Assessment
Attention-Deficit/Hyperactivity Disorder
Autism Spectrum Disorder
Bipolar Disorder
Body Focused Repetitive Behaviors
Borderline Personality Disorder (BPD)
Depression
Developmental Disorders
Emetophobia
Emotional Disturbance
Family Conflict
Generalized Anxiety Disorder (GAD)
Grief
Health Anxiety
Hoarding
Intrusive Thoughts
MDD
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Phobias
Posttraumatic Stress Disorder (PTSD)
Separation Anxiety
Social Anxiety Disorder
Stress
Substance Abuse
Trauma
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

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>