



## 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/Providence: California

Country: United States

Degree: MA, PSYD

Preferred Pronouns: she/her/hers

Email: Drflaniganlanderos@ocdpsychcare.com

Office Phone: 3109902138

Telehealth: California

Professional focus: Psychologist

### 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)

*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](mailto: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](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>