



Liliana Cortes

Zip Code: V5Z 1K1

Zip Postal: V5Z 1K1

Language: English, Spanish

Populations Treated: Children, Adolescents/Teens

Organization: LEAP Clinic

Treatment Options: Home Visits, In Office, Telehealth, Phone Consultations

Disorders Treated & Specialty: Panic Attacks/Panic Disorder, Phobias, Selective Mutism Disorder, School Refusal, Self-Harm, Separation Anxiety, Sleep Disorders, Social Anxiety Disorder, Trichotillomania, Obsessive Compulsive Disorder (OCD), Behavioral Issues, Anxiety, Attention-Deficit/Hyperactivity Disorder, Autism Spectrum Disorder, BIPOC, Body Focused Repetitive Behaviors, Depression, Developmental Disorders, Emetophobia, Family Conflict, Gender Identity, Generalized Anxiety Disorder (GAD), Grief, Health Anxiety, Intrusive Thoughts, LGBTQ+, Misophonia

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

Payment Options: Accepts Some Insurance, Accepts Credit Cards, Accepts Cash and/or Checks

Address1: 805 West Broadway Unit 507

Website: <http://leapclinic.ca>

City: Vancouver

State/Province: British Columbia

Home Email: lilianacortes56@yahoo.ca

Degree: PhD

Preferred Pronouns: she/her/hers

Email: lilianacortes56@yahoo.ca

Office Phone: 16046033912

Cell Phone: 16046033912

ABOUT

LEAP Clinic. Psychological Services for Children, Youth, and Young Adults. Parent Consultation also available

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

POPULATIONS TREATED

Adolescents/Teens

Children

DISORDERS AND SPECIALITIES

Anxiety

Attention-Deficit/Hyperactivity Disorder
Autism Spectrum Disorder
Behavioral Issues
BIPOC
Body Focused Repetitive Behaviors
Depression
Developmental Disorders
Emetophobia
Family Conflict
Gender Identity
Generalized Anxiety Disorder (GAD)
Grief
Health Anxiety
Intrusive Thoughts
LGBTQ+
Misophonia
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Phobias
School Refusal
Selective Mutism Disorder
Self-Harm
Separation Anxiety
Sleep Disorders
Social Anxiety Disorder
Trichotillomania

PAYMENT OPTIONS

Accepts Cash and/or Checks
Accepts Credit Cards
Accepts Some Insurance



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>