



**Lynne Henderson**

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Zip Code: 94708  
Zip Postal: 94708-1343  
Language: English  
Populations Treated: Couples, Adults  
Organization: Shyness Institute  
Treatment Options: Telehealth, In Office, Group Therapy  
Disorders Treated & Specialty: Panic Attacks/Panic Disorder, Anxiety  
Treatment Methods: Compassion-Focused Therapy, Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT)  
Payment Options: Accepts Venmo/App-based Payment, Accepts Cash and/or Checks, Accepts Credit Cards  
Address1: 644 Cragmont Ave  
Website: <http://www.shyness.com>  
City: Berkeley  
State/Province: California  
Country: United States  
Degree: PhD  
Email: [lhenderson@rivcons.com](mailto:lhenderson@rivcons.com)  
Office Phone: (650) 814-9210  
Telehealth: California  
Cell Phone: 6508149210  
Professional focus: Psychologist

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#### ABOUT

Director, Shyness Institute. Private practice specializing in shyness and social anxiety disorder as well as general practice treating anxiety, depression, panic disorder and general problems in living. Use CBT, ACT, and Compassion Focused Therapy. Book published last year, The Compassionate Mind Guide to Improving Social self-confidence and Overcoming Shyness.

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#### TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)  
Cognitive Behavioral Therapy (CBT)  
Compassion-Focused Therapy

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#### POPULATIONS TREATED

Adults  
Couples

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#### DISORDERS AND SPECIALITIES

Anxiety  
Panic Attacks/Panic Disorder

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#### PAYMENT OPTIONS

Accepts Cash and/or Checks

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.**

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*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.*

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## 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](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>