



**Melinda White**

Zip Code: 94707

Zip Postal: 94707-2108

Language: English

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

Treatment Options: In Office, Telehealth

Disorders Treated & Specialty: Social Anxiety Disorder, Stress, Tourette's Syndrome, Trichotillomania, Separation Anxiety, Body Focused Repetitive Behaviors, Agoraphobia, Anxiety, Attention-Deficit/Hyperactivity Disorder, Depression, Emetophobia, Generalized Anxiety Disorder (GAD), Health Anxiety, Hoarding, Intrusive Thoughts, Misophonia, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias

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

Payment Options: None

Address1: 1635 Solano Ave

Website: <http://berkeleytherapist.net>

City: Berkeley

State/Province: California

Country: United States

Degree: MA

Preferred Pronouns: she/her/hers

Email: [mwhite@berkeleytherapist.net](mailto:mwhite@berkeleytherapist.net)

Office Phone: (510) 526-8208

Telehealth: California

Cell Phone: 510-526-8208

Professional focus: Marriage and Family Therapist

#### ABOUT

I provide cognitive-behavioral therapy for anxiety, social phobia, panic disorder, depression, OCD, ADHD, trichotillomania, Tourettes and hoarding. I use a practical approach to explore self-critical messages and develop new, more effective coping strategies. I use research-based techniques, such as exposure and response prevention when appropriate.

#### TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Mindfulness

#### POPULATIONS TREATED

Adolescents/Teens

Adults

Children

LGBTQI

#### DISORDERS AND SPECIALITIES

Agoraphobia  
Anxiety  
Attention-Deficit/Hyperactivity Disorder  
Body Focused Repetitive Behaviors  
Depression  
Emetophobia  
Generalized Anxiety Disorder (GAD)  
Health Anxiety  
Hoarding  
Intrusive Thoughts  
Misophonia  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Phobias  
Separation Anxiety  
Social Anxiety Disorder  
Stress  
Tourette's Syndrome  
Trichotillomania

---

#### PAYMENT OPTIONS

None



## 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](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>