



Melissa Mose

Zip Code: 91302

Zip Postal: 91302-1585

Language: English

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

Organization: Melissa Mose, LMFT

Treatment Options: In Office, Telehealth

Disorders Treated & Specialty: Body Focused Repetitive Behaviors, Anxiety, Attention-Deficit/Hyperactivity Disorder, Health Anxiety, Hoarding, Intrusive Thoughts, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Social Anxiety Disorder, Substance Abuse, Trichotillomania

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

Payment Options: Accepts Credit Cards, Sliding Scale

Address1: 23801 Calabasas Rd

Address2: Ste 1025

Website: <http://www.melissamosemft.com>

City: Calabasas

State/Providence: California

Country: United States

Home Email: melissamose@gmail.com

Degree: LMFT

Email: mmosemft@gmail.com

Office Phone: (818) 458-9768

Telehealth: California

Professional focus: Marriage and Family Therapist

ABOUT

I have over 25 years of experience in a private practice setting helping families work through their issues with anxiety and OCD. I particularly love working with moms and the challenges of supporting family members without accommodating symptoms. I have a child with OCD and understand the unique parenting concerns and levels of energy required in a family struggling with anxiety. Compassion is key. I offer groups for moms as well as for teens.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Alternative Therapies

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

Mindfulness

POPULATIONS TREATED

Adolescents/Teens

Adults

Children
Families

DISORDERS AND SPECIALITIES

Anxiety
Attention-Deficit/Hyperactivity Disorder
Body Focused Repetitive Behaviors
Health Anxiety
Hoarding
Intrusive Thoughts
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Social Anxiety Disorder
Substance Abuse
Trichotillomania

PAYMENT OPTIONS

Accepts Credit Cards
Sliding Scale



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 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 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>