



Misty Pilgrim

Zip Code: 98365 Zip Postal: 98365 Language: English

Populations Treated: Adults

Organization: Pilgrim Behavioral Health

Treatment Options: Telehealth, Phone Consultations

Disorders Treated & Specialty: Posttraumatic Stress Disorder (PTSD), Social Anxiety Disorder, Stress, Trauma, Phobias, Agoraphobia, Anxiety, Body Dysmorphic Disorder, Body Focused Repetitive Behaviors, Emetophobia, Generalized Anxiety Disorder (GAD), Health Anxiety, Hoarding, Intrusive Thoughts, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder

Treatment Methods: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Cognitive Behavioral Therapy for Insomnia (CBT-I), Exposure Therapy, Telemental Health

Payment Options: Accepts Cash and/or Checks, Accepts Some Insurance, Accepts Credit Cards, Accepts Venmo/App-based Payment

Address1: 46 Village Way 107

 $\textbf{Website:} \ \textbf{http://northwestpacifictherapy.com}$

City: Port Ludlow

State/Providence: Washington
Degree: LICSW, MA, MSW, Med
Preferred Pronouns: she/her/hers
Email: Misty@pilgrimbehavioral.com

Office Phone: 5055018293

Telehealth: Idaho, New Mexico, Washington

Cell Phone: 505-501-8293

ABOUT

I treat specific anxiety disorders, phobias, and obsessive-compulsive disorders, along with anxious stress. I also teach parents to manage their children's anxiety, whether their child is young or an emerging adult. I use only the "gold standard" practice methods such as ERP, CBT, exposure therapies, and others.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)
Cognitive Behavioral Therapy (CBT)
Cognitive Behavioral Therapy for Insomnia (CBT-I)
Exposure Therapy
Telemental Health

POPULATIONS TREATED

Adults

DISORDERS AND SPECIALITIES

Agoraphobia

Anxiety

Body Dysmorphic Disorder

Body Focused Repetitive Behaviors

Emetophobia

Generalized Anxiety Disorder (GAD)

Health Anxiety

Hoarding

Intrusive Thoughts

Obsessive Compulsive Disorder (OCD)

Panic Attacks/Panic Disorder

Phobias

Posttraumatic Stress Disorder (PTSD)

Social Anxiety Disorder

Stress

Trauma

PAYMENT OPTIONS

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

 $Know\ that\ you\ are\ not\ alone, and\ help\ is\ available.\ If\ you\ are\ in\ crisis\ call\ or\ text\ 988\ for\ the\ Suicide\ \&\ Crisis\ Lifeline.$

The members in ADAA's Find Your Therapist directory are listed for the sole propose 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.

ADAA Website

https://adaa.org/

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 and the state of t

Watch ADAA's Short "What is" Videos on Anxiety, Depression, MDD, PTD, 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

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