



**Misty Pilgrim**

Zip Code: 98365

Zip Postal: 98365

Language: English

Populations Treated: Adults

Organization: Pilgrim Behavioral Health LLC

Treatment Options: Telehealth, Phone Consultations

Disorders Treated & Specialty: Social Anxiety Disorder, Stress, Trauma, Posttraumatic Stress Disorder (PTSD), 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

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

Website: <http://northwestpacifictherapy.com>

City: Port Ludlow

State/Providence: Washington

Country: United States

Degree: LICSW, MA, MSW, Med

Preferred Pronouns: she/her/hers

Email: [Misty@pilgrimbehavioral.com](mailto:Misty@pilgrimbehavioral.com)

Office Phone: 5055018293

Telehealth: Washington

Cell Phone: 505-501-8293

Professional focus: Social Worker, Counselor

#### 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

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#### 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.**

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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>