



Natalie Upton

Zip Code: 98133

Zip Postal: 98133

Language: English

Populations Treated: Adults, Couples, LGBTQI, People W/ Disabilities, Adolescents/Teens

Organization: Natalie Upton Therapy

Treatment Options: In Office, Telehealth

Disorders Treated & Specialty: Bipolar Disorder, Agoraphobia, Anxiety, Body Dysmorphic Disorder, Borderline Personality Disorder (BPD), Eating Disorders, Gender Identity, Generalized Anxiety Disorder (GAD), LGBTQ+, Panic Attacks/Panic Disorder, Phobias, Social Anxiety Disorder, Stress, Other

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

Payment Options: Accepts Credit Cards, Accepts Some Insurance, Sliding Scale

Address1: 10733 Greenwood Ave N #302

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

City: Seattle

State/Province: Washington

Country: United States

Degree: BS, Med, NCC

Preferred Pronouns: she/her/hers

Email: hello@natalieuptontherapy.com

Office Phone: (206) 486-5718

Telehealth: Washington

Cell Phone: (206) 486-5718

Professional focus: Counselor

ABOUT

I see teens, adults, couples, and groups. I am an independently licensed as a mental health counselor and have practiced therapy since 2020. I draw from evidence-based therapies like ACT, DBT, & ERP, blended with bottom-up strategies and a socially just, affirming lens. These strategies make deliberate use of your effort and investment to build resilience long-term. I've worked as a DBT therapist in partial hospitalization and intensive outpatient programs seeing individuals and teaching skills groups. I also have prior experience as a psychometrist and as a research coordinator at the University of Washington. I engage in advocacy work in my professional and personal time.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

Mindfulness

Telemental Health

POPULATIONS TREATED

Adolescents/Teens

Adults
Couples
LGBTQI
People W/ Disabilities

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Bipolar Disorder
Body Dysmorphic Disorder
Borderline Personality Disorder (BPD)
Eating Disorders
Gender Identity
Generalized Anxiety Disorder (GAD)
LGBTQ+
Panic Attacks/Panic Disorder
Phobias
Social Anxiety Disorder
Stress
Other

PAYMENT OPTIONS

Accepts Credit Cards
Accepts Some Insurance
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 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

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>