



Noelle Deckman

Zip Code: 92651

Zip Postal: 92651-3681

Language: English

Populations Treated: Adults, Seniors, LGBTQI, Veterans, Adolescents/Teens

Organization: OCD, Anxiety, & Trauma Psychological Services P.C.

Treatment Options: Group Therapy, Telehealth

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

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

Payment Options: Accepts Credit Cards, Accepts Cash and/or Checks

Address1: 1968 S Coast Hwy

Address2: Ste 1171

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

City: Laguna Beach

State/Province: California

Country: United States

Degree: PhD

Preferred Pronouns: she/her/hers

Email: noelle@drdeckman.com

Office Phone: 6893229

Telehealth: California, Maine

Professional focus: Psychologist

ABOUT

I am a clinical psychologist and the owner of OCD, Anxiety, & Trauma Psychological Services P.C., which serves residents of California, Maine, and people living in PSYPACT participating states. I offer evidence-based care via Telehealth for people who may struggle to find help due to their geographic location, busy schedule, etc. I practice CBT to treat OCD and Related Disorders, Anxiety Disorders, Trauma- and Stressor-Related Disorders, Somatic Symptom Disorders, and I offer group therapy for OCD. I offer Virtual Reality for exposure-based treatment, and often incorporate mindfulness, coping skills, and DBT skills to facilitate your recovery process. I prioritize working collaboratively throughout the treatment process, while also striving to empower people to make effective, long-lasting changes in their lives.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

Mindfulness

Telemental Health

Virtual Reality Exposure

POPULATIONS TREATED

Adolescents/Teens
Adults
LGBTQI
Seniors
Veterans

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Body Dysmorphic Disorder
Body Focused Repetitive Behaviors
Emetophobia
Generalized Anxiety Disorder (GAD)
Health Anxiety
Intrusive Thoughts
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Phobias
Posttraumatic Stress Disorder (PTSD)
Social Anxiety Disorder
Stress
Trauma
Trichotillomania

PAYMENT OPTIONS

Accepts Cash and/or Checks
Accepts Credit Cards



ABOUT ANXIETY & DEPRESSION ASSOCIATION (ADAA)

ADAA's Find Your Therapist Directory connects YOU with licensed mental health professionals/counselors, with clinical licenses and who have expertise in anxiety, depression, OCD, PTSD, and co-occurring disorders.

We are increasing the number of mental health professionals listed. We also list ADAA members who work for behavioral health clinics.

If you cannot find a therapist, contact your medical provider, your insurance company, or other lists of licensed mental health professionals.

Please note that US clinicians are not able to see clients outside of the US due to licensing restrictions.

Please note that clinicians in the directory who do not state that they participate in an insurance plan do not take 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.

For the ADAA mental health professionals, this directory also helps you connect with potential patients. To join the directory, contact membership@adaa.org.

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 Depression, MDD, PTSD, OCD and Suicide

<https://adaa.org/resources-news/from-adaa-experts/videos>

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 Support Community

<https://adaa.org/find-help/support>

Meet ADAA's Institutional Members

<https://adaa.org/professionals/Institutional-Memberships>

For Therapists: Watch ADAA's Find Your Therapist Video

<https://youtu.be/Eq3zOzbfGoU>