



Pamela Kaiser

Zip Code: 94025

Zip Postal: 94025-4265

Populations Treated: Children, Adolescents/Teens

Treatment Options: Teletherapy, Phone Consultations

Disorders Treated & Specialty: Other, Trauma, Generalized Anxiety Disorder (GAD), Agoraphobia, Anxiety, Hoarding, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Selective Mutism Disorder, School Refusal, Separation Anxiety, Social Anxiety Disorder, Specific Phobias

Treatment Methods: Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Exposure Therapy, Hypnotherapy, Intensive Exposure Therapy Protocols, Mindfulness, Other

Address1: 325 Sharon Park Drive

Address2: # 809

Website: <http://pamelakaiserphd.com>

City: Menlo Park

State/Province: California

Country: United States

Degree: PhD, PNP, CNS, RN

Preferred Pronouns: she/her/hers

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ABOUT

Child & adolescent clinical psychologist and pediatric nurse practitioner/RN. 35 year sub-specialty practice limited to children, teens, and young adults with self-regulation issues related to anxiety disorders, OCD, somatization, stress, mind-body (headache, gastrointestinal, etc.) and/or medical conditions. Family-based cognitive-behavioral therapy, biofeedback, hypnosis, mindfulness, breath re-training and other self-regulation approaches. Former medical school faculty and childhood stress researcher. Advanced training in CBT, clinical hypnosis, biofeedback, mindfulness and breath retraining.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

Hypnotherapy

Intensive Exposure Therapy Protocols

Mindfulness

Other

POPULATIONS TREATED

Adolescents/Teens

Children

DISORDERS AND SPECIALITIES

Agoraphobia

Anxiety

Generalized Anxiety Disorder (GAD)

Hoarding

Obsessive Compulsive Disorder (OCD)

Panic Attacks/Panic Disorder

Posttraumatic Stress Disorder (PTSD)

School Refusal

Selective Mutism Disorder

Separation Anxiety

Social Anxiety Disorder

Specific Phobias

Trauma

Other

PAYMENT OPTIONS



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>