



Rochelle Frank

Zip Code: 94618

Zip Postal: 94618-1673

Language: English

Populations Treated: Families, Couples, Adolescents/Teens, Adults

Organization: University of California, Berkeley

Treatment Options: In Office, Telehealth, Phone Consultations

Disorders Treated & Specialty: Bipolar Disorder, Anxiety, Depression, Generalized Anxiety Disorder (GAD), MDD, Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Suicidal Ideation, Trauma, Other

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

Payment Options: Accepts Cash and/or Checks, Accepts Venmo/App-based Payment

Address1: 5655 College Ave

Address2: Ste 317A

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

City: Oakland

State/Province: California

Country: United States

Degree: PhD

Preferred Pronouns: she/her/hers

Email: rochelle.frank@gmail.com

Office Phone: (510) 764-9862

Telehealth: California, Illinois, New York

Cell Phone: 4156326461

Professional focus: Psychologist

ABOUT

I am a licensed clinical psychologist in California and New York, with a practice in the San Francisco Bay Area. I specialize in evidence-based treatment of clinically complex emotional and behavioral problems in adolescents and adults. I also work with couples and families, and provide informational workshops and training seminars for both professional and lay audiences. I have over 25 years of experience as a practicing clinician, integrating cognitive-behavioral techniques with other empirically supported methods such as DBT, ACT, and CBASP. In addition to my private practice, I am an Assistant Clinical Professor of Psychology in the Clinical Science Program at U. C. Berkeley, an Adjunct Professor and Clinical Supervisor at The Wright Institute, and Volunteer Faculty at the UCSF School of Medicine Department of Psychiatry. My recent interests include the role of psychological mechanisms in the etiology and maintenance of emotional and behavioral disorders, and the use of humor, metaphor and multimedia techniques in fostering patient and therapist "skillful creativity" to enhance evidence-based interventions and treatment outcomes. These are reflected in my book, *The Transdiagnostic Road Map to Case Formulation and Treatment Planning: Practical Guidance for Clinical Decision Making* (New Harbinger, 2014; <http://www.amazon.com/Transdiagnostic-Road-Formulation-Treatment-Planning/dp/1608828956/>) I am a member of the American Psychological Association, including Division 12 (Clinical Psychology) and (Section 3) the Society for a Science in Clinical Psychology, as well as Division 56 (Trauma Psychology). I also am a member of the Association for Behavioral and Cognitive Therapies and the California Psychological Association, and am a past president (and current member) of the Alameda County Psychological Association.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Compassion-Focused Therapy
Dialectical Behavioral Therapy (DBT)
Exposure Therapy
Mindfulness
Telemental Health
Other

POPULATIONS TREATED

Adolescents/Teens
Adults
Couples
Families

DISORDERS AND SPECIALITIES

Anxiety
Bipolar Disorder
Depression
Generalized Anxiety Disorder (GAD)
MDD
Panic Attacks/Panic Disorder
Posttraumatic Stress Disorder (PTSD)
Suicidal Ideation
Trauma
Other

PAYMENT OPTIONS

Accepts Cash and/or Checks
Accepts Venmo/App-based Payment



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>