



Roxanne Pratt

Zip Code: 92011

Zip Postal: 92011-1028

Language: English

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

Organization: Therapy Up

Treatment Options: In Office, Telehealth

Disorders Treated & Specialty: Trauma, Social Anxiety Disorder, Anxiety, Attention-Deficit/Hyperactivity Disorder, Depression, Eating Disorders, Generalized Anxiety Disorder (GAD), Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Separation Anxiety

Treatment Methods: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Exposure Therapy

Payment Options: Accepts Credit Cards

Address1: 701 Palomar Airport Rd

Address2: Suite 300

Website: <http://www.therapyup.me>

City: Carlsbad

State/Province: California

Country: United States

Home Email: RoxannePratt@outlook.com

Degree: LPCC, MPH, MS

Email: Roxanne@TherapyUp.me

Office Phone: 858-353-3499

Telehealth: Washington, California, Florida, Georgia

Cell Phone: 858-353-3499

Professional focus: Counselor

ABOUT

Counseling practice serving children, adolescents and adults. Treating issues including depression and anxiety, eating and weight issues, coping with chronic health conditions, parenting children with special emotional and medical needs, stress management, LGBTQ issues, gender issues, relationship and communication issues, self esteem, life transitions. Licensed in California LPCC 11733, Florida LMHC MH13545, Washington LMHC LH60421233, Georgia LPC LPC003112

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

POPULATIONS TREATED

Adolescents/Teens

Adults

Children

Couples

Families

LGBTQI

DISORDERS AND SPECIALITIES

Anxiety
Attention-Deficit/Hyperactivity Disorder
Depression
Eating Disorders
Generalized Anxiety Disorder (GAD)
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Posttraumatic Stress Disorder (PTSD)
Separation Anxiety
Social Anxiety Disorder
Trauma

PAYMENT OPTIONS

Accepts Credit Cards



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>