



sharona Cohen

Zip Code: 91403

Zip Postal: 91403

Language: English, Persian

Populations Treated: Couples, Adults

Organization: Concierge Psych doc

Treatment Options: In Office, Telehealth, Phone Consultations

Disorders Treated & Specialty: Academic Underachievement, Anger Management, Anxiety, Depression, Generalized Anxiety Disorder (GAD), Intrusive Thoughts, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Stress

Treatment Methods: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), EMDR, Medication Referral, Telemental Health

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

Address1: 15303 ventura blvd

Address2: #68

Website: <http://conciergepsychdoc.com>

City: sherman Oaks

State/Providence: California

Country: United States

Degree: LMFT, PSYD

Email: drsharonacohen@gmail.com

Office Phone: 424-246-8869

Telehealth: California

Professional focus: Marriage and Family Therapist, Psychologist

ABOUT

I am committed to providing next-level mental health care for each client. I understand today's demands can be overwhelming and crushing. My goal is to offer you the tools you need to become self-sufficient in navigating your challenges and help you achieve long-term change. I am here to provide you with a safe, nonjudgmental space to face the good, the bad, and the ugly. My approach is different with each client based on my client's needs. But the common thread is I value each person's trust and do not take it for granted. I know it is a privilege to be trusted to share your journey with you. My goal is to be your last therapist

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)

EMDR

Medication Referral

Telemental Health

POPULATIONS TREATED

Adults

Couples

DISORDERS AND SPECIALITIES

Academic Underachievement
Anger Management
Anxiety
Depression
Generalized Anxiety Disorder (GAD)
Intrusive Thoughts
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Stress

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>