

## Cognitive Behavioral Therapy to Feel Better

- Proven effectiveness in clinical trials
- Substantially improve your peace of mind
- Feel better sooner than other therapy approaches
- We listen & support you in improving your life
- Committed to your goals

## About Palo Alto Therapy

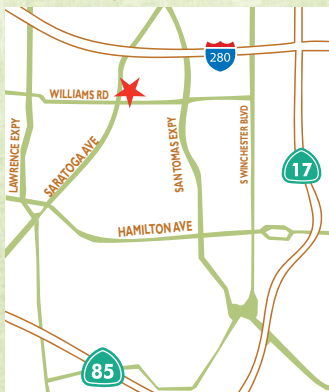
From anxiety to OCD to depression, we are here to address your struggles and help improve your life. We offer patience, honesty, and practical therapy techniques. Our clients find themselves motivated and optimistic about what lies ahead – and what's possible.



Each session is uniquely tailored to work with your concerns, strengths, and overall therapy goals. Using empathy, understanding, and powerful therapy techniques, we bring all this together for a supportive and rewarding experience.

**407 Sherman Ave. Suite C**  
**Palo Alto, CA 94306**

**940 Saratoga Ave. Suite 240**  
**San Jose, CA 95129**



**Call for a Free Phone Consultation**  
**or to Schedule an Appointment**

**650-461-9026**

**Info@PaloAltoTherapy.com**



# Palo Alto Therapy

Cognitive Behavioral Therapy for Proven Results

**PALO ALTO & SAN JOSE**



## Clear Life's Roadblocks

Anxiety, depression, stress: for many, these are invisible day-to-day problems that make people unhappy – often in a way they don't understand. Do you have days – or weeks – like this?

If you're seeking peace of mind, counseling is an effective way to clear life's roadblocks. At Palo Alto Therapy we specialize in Cognitive Behavioral and other evidence based therapy to help children, teens, and adults overcome anxiety and depression to achieve happier lives.

## Does Anyone in Your Family Struggle With...

- Anxiety, Worry, or Panic
- Shyness & Social Confidence
- Low Self-Esteem
- Obsessions & Compulsions OCD
- Depression & Sadness
- Relationship Difficulties



If so, you're not alone. We can help and solutions are closer than you think. We offer the necessary expertise and support to help improve your mood, find relief from anxiety, and achieve your goals, all within a relatively short period of time. Cognitive Behavioral Therapy is a proven method and it delivers results.

## Services Provided

- Individual/Couples Therapy
- Family Counseling
- Wellness Classes
- Video Therapy

## Ages Served

- Children
- Teens
- Adults of All Ages

[www.PaloAltoTherapy.com](http://www.PaloAltoTherapy.com)

Evening & Weekend Appointments Available