Bio-

Dr. Takos graduated from the University of California, Irvine and received her Doctoral degree in Clinical Psychology at the California School of Professional Psychology, San Francisco. She completed her predoctoral internship in behavioral medicine and rehabilitation psychology at the Boston Veterans Affairs Healthcare System/Harvard Medical School and a postdoctoral fellowship at the Cognitive Intensive Outpatient Program, Sharp Mesa Vista Hospital, San Diego. Dr. Takos is a member of the American Psychological Association, Academy of Cognitive Therapy, and the Orange County Psychological Association.

Treatment Focus

**I pride myself on being more than just someone to listen, but someone who takes a hands-on, practical approach to problem-solving.**

It’s important to face the challenges of life head-on, but with the right skills and tools in your toolbox. I aim to build a collaborative relationship with you and assist you in understanding the relationship between negative thought patterns and ineffective coping strategies. We work together to develop a healthier thought process and effective coping skills, ultimately decreasing symptoms and improving your overall quality of life.

**My Areas of Focus Include:**

Adult Therapy Adolescent Therapy

Couples Therapy

**Typical Skills Developed in Treatment:**

Assertive Communication  
Cognitive Restructuring  
Decatastrophizing  
Distress Tolerance  
Emotion Regulation  
Healthy Grieving of Losses

Healthy Personal Boundaries  
Interpersonal Effectiveness  
Imagery Techniques  
Mindfulness  
Problem Solving  
Stress Management

**Services:**

**Adult Therapy:**

**Adult life consists of alternating periods of stability and transition.**

Whatever the circumstances, navigating life transitions can be difficult, presenting us with new problems and demanding us to respond in new ways. Adults may pursue individual therapy to address major life changes and others may seek help in managing mental health conditions, such as depressive disorders or trauma-related disorders. Whatever the impetus, treatment will challenge you to change your approach and learn how to cope with your stressors in a different way.

Treatment begins by building rapport and forming a collaborative therapeutic relationship with my clients. While many clients improve after 10-20 sessions of traditional Cognitive Behavioral Therapy, determining the length of treatment is a collaborative process that depends on the client’s goals and cause and nature of presenting problems. Factors associated with length of treatment often include the severity of illness, personality, and level of support.

**Adolescent Therapy:**

**Adolescence is a period of time involving multiple physical, intellectual, personality, and social developmental changes.**

There is a process of developing the social skills and emotional intelligence necessary to lead healthy, happy lives. When adolescents experience difficult emotions or engage in behaviors that interfere with their happiness and ability to thrive, they may benefit from engaging in therapy to address their problems.

Treatment is not a one size fits all approach and careful consideration is taken to understand the unique issues that each adolescent faces. I spend time building rapport with your adolescent to foster open communication and trust in the relationship, thus promoting more openness to suggestions and acceptance for change. I also work with the parent(s) to foster empowerment in their ability to learn more effective skills to support their child.

**Specialties & Issues:**

Anger Management  
Anxiety Disorders  
Borderline Personality Disorder  
Chronic Illness/Injury  
Conflict Resolution  
Couples/Marital Issues  
Depressive Disorders  
Grief/Loss

Intimacy  
Life Adjustment (marriage, becoming a parent, divorce)  
Mood Disorders  
Panic Disorders & Phobias  
Problems with Interpersonal Relationships  
Post -Traumatic Stress Disorder  
Sexual Assault  
Stress Management

**Couples Therapy-**

**Many couples struggle with communicating effectively and feeling that they are heard by their partners, as well as differences in expectations or belief systems.**

Strain can also be placed on a relationship when stressful circumstances affect the couple as a whole, such as mental health issues, chronic illness, or adjustments to life events (marriage, new baby, or parenting).

Treatment is designed to be present-focused that first looks at a couple’s past experiences for ways to improve their interpersonal exchanges. Couples learn how to identify common, but ineffective, negative thinking which often leads to misunderstandings in the relationship. Couples also learn how to develop improved communication skills which ultimately leads to improved understanding of one another and greater intimacy.

**Couples Specialties & Issues:**

Communication Patterns  
Conflict Resolution  
Family Illness/Injury  
Parenting Concerns

**My approach:**

As a clinical psychologist, I deliver a treatment approach that is genuine, direct, and effective. My treatment approach is tailored to each client and typically involves a blend of evidenced based treatments including Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Imagery Rehearsal Therapy, Interpersonal Psychotherapy, and Mindfulness-Based Stress Reduction. Together we’ll work to uncover and better understand life’s challenges and day-to-day stressors that detract from your life and focus, and begin identifying and practicing things that will improve your overall quality of life.

**Cognitive Behavioral Therapy (CBT)**  
Cognitive Behavioral Therapy, created by Aaron Beck, M.D., is an empirically based, short-term therapy which focuses on the collaborative relationship between the therapist and client. Treatment is designed to help the client understand the relationship between thoughts and behaviors. Clients learn how to reframe maladaptive thoughts and implement effective solutions to address life’s problems. Through the use of skill building and cognitive restructuring, CBT promotes long-term results that can improve your overall quality of life.

**Dialectical Behavior Therapy (DBT)**  
Dialectical Behavior Therapy, developed by Marsha M. Linehan, ABPP, Ph.D., is evidenced based, cognitive behavioral treatment which focuses on accepting clients as they are while also acknowledging they need to change in order to reach their goals. A key component of dialectical behavior therapy is skills training, which includes the teaching and application of skills in mindfulness, emotion regulation, interpersonal effectiveness, and distress tolerance. Though DBT was initially designed to treat Borderline Personality Disorder, research demonstrates efficacy in the treatment of many disorders including depression and anxiety.

**Imagery Rehearsal Therapy (IRT)**  
Imagery Rehearsal Therapy, researched by Barry Krakow, M.D., is a cognitive behavioral treatment for reducing the number and intensity of nightmares among people with posttraumatic stress disorder (PTSD). This treatment has been modified by Raymond Fidaleo, MD to specifically treat nightmares and flashbacks experienced by victims of assault (physical or sexual) or witnesses to traumatic events. Modified IRT is short-term and does not required clients to relive the traumatic event via prolonged exposure therapy.

**Interpersonal Psychotherapy (IPT)**  
Interpersonal Psychotherapy is a time-limited, attachment-focused therapy that focuses on resolving current difficulties and improving interpersonal relationships. Some of these difficulties may include the death of a loved one or unresolved grief, the beginning or ending of a relationship or marriage, the diagnosis of a disease, struggles in relationships related to role disputes, and/or the absence of a major life event.

**Mindfulness-Based Stress Reduction (MBSR)**  
Mindfulness-based Stress Reduction was developed at the University of Massachusetts Medical Center by Professor Jon Kabat-Zinn. The basic foundation of MBSR is to focus one’s awareness in the present moment without judgment. Research currently supports the effectiveness of mindfulness-based practices to reduce symptoms of depression and anxiety, and contributes to stress reduction, relaxation, and improvement of overall quality of life.

Getting Started:

**Consultation**

I offer a complimentary 30-minute consultation (on the phone), so you can get a sense of whether we are a good fit. It will also give me an opportunity to determine if I am the best therapist to be able to help you. In the event that we are not a good match, I can connect you with another practitioner to serve your needs.

**Intake**

During our first session, we will address your presenting problem(s) and collect a thorough background of your history, so that I can best understand your problem areas in the context of who you are. We will also conduct an assessment of your current symptoms, address provisional diagnoses (if applicable), discuss potential treatment goals, and develop a tentative treatment plan with recommendations for therapy duration and frequency.