

GENUS

Clinician

SPECIES

Cognitive · Behavioral

FAMILY

Talking Therapies

FOR

adults & couples

Dr. Elena Thorne

PhD, Clinical Psychology

I. PHILOSOPHY OF PRACTICE

Therapy, at its quietest, is the practice of paying attention. I sit with adults and couples as they turn the small, repeating mechanics of thought over in their hands — and slowly, kindly, learn to choose differently. My work is grounded in Cognitive Behavioral Therapy because it honors you as the expert on your own life, and gives us a shared language for the work ahead.

“Healing is not the arrival of a new self — it is the slow return to the one already there.”

II. METHOD & MODALITIES

- 01 Cognitive Behavioral Therapy
- 02 Acceptance & Commitment Therapy
- 03 Couples Communication (Gottman-informed)
- 04 Mindfulness-Based Stress Reduction

III. CREDENTIALS & TRAINING

DOCTORATE

PhD, Clinical Psych.

Northwestern · 2012

LICENSURE

Licensed Psychologist

CA · NY · Telehealth

CERTIFIED

Diplomate, ACT

Acad. of Cognitive Therapy

MEMBERSHIP

ABCT · APA · Div. 12

Behavioral & Cognitive Assoc.

CORRESPONDENCE

hello@anchorthrapy.com

(555) 123-4567 · 1842 Mission Street, San Francisco

BY HAND

Elena Thorne

the practitioner

