

WEAK PROFILE

STRONG PROFILE

Why is this a weak headshot?

Positioning: photo is taken from below at a tilted angle. Photos should be taken front on from just above eye level.

Face is too close to the frame. We recommend showing both head and shoulders in the photo.

Distracting background: other people and scenery in the photo.

Why is this a weak bio?



Education info is listed on their profile and not as relevant in their bio.

It does not include important information about the client population they work with and how they use their specialties in their practice.

It is vague in how it describes approach to therapy and communication.

It sets no clear expectation for what to expect from first sessions.

It includes personal information that isn't relevant for potential clients.



Anne Treisman
Licensed Marriage and Family Therapist

Accepts your insurance Individual therapy Specializes in anxiety

Hi there, I'm Anne!

For me, therapy is all about helping individuals get in touch with their true self. I have spent the past 10 years working as a therapist to do just that. When I'm not practicing therapy, I'm surfing, walking my Australian Shepherd Milo, attending concerts, or cooking dinner with family and friends.

My approach
I set clear goals for myself and my clients, and treat every session as an opportunity to make progress. I approach therapy with an eclectic assortment of approaches and tools to individualize our work together to meet your needs best.

My focus
I studied at the University of North Carolina at Chapel Hill for both my undergraduate and masters degrees, and have been a practicing therapist since 2012. I'm open to working with anyone who is looking to better understand themselves and unlock their potential. My clinical experience spans clients of all ages and from all walks of life.

My communication style
I listen to my clients, engage honestly, and tell them the things they need to hear. I also assign homework to ensure we're not just talking, we're actually getting better.

Specialties
Therapy types
Individual therapy Couples therapy Adolescents/Teens
Met hods
Cognitive Behavioral Therapy Life Transitions Therapy
Focus areas
Anxiety Depression Panic attacks Mood disorders Stress
See all specialties

Practice
Licensed Marriage and Family Therapist
Accepts insurance from Aetna, Cigna, and Oscar
English
LGBTQIA+ aligned
5-10 years of experience
B.S. Psych Cornell University, MA Psych Compton University

Sessions
Video session
60 minutes

Book your session

MON	TUE	WED	THU	FRI
Jan 01 13 slots	Jan 02 0 slots	Jan 03 4 slots	Jan 04 2 slots	Jan 05 4 slots

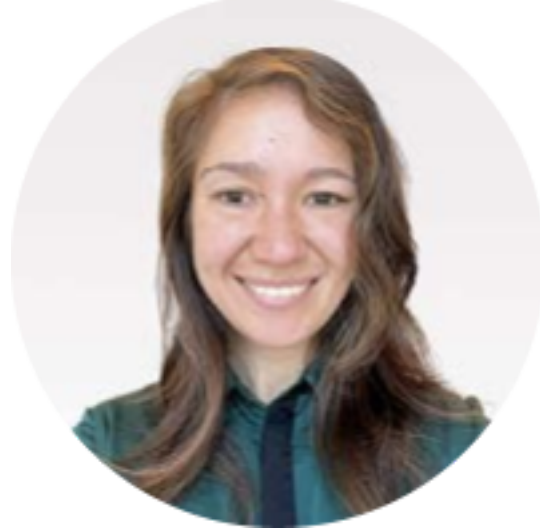

Morning
6:00 AM 7:00 AM 8:00 AM 9:00 AM
10:00 AM

Afternoon
6:00 AM 7:00 AM 8:00 AM 9:00 AM

Evening
6:00 PM 7:00 PM 8:00 PM 9:00 PM

All times are shown in Pacific Standard Time (PST).

Video session
60 minutes
Covered by Aetna
Session cost depends on your insurance, most people pay \$20-50 per session after meeting their deductible. There aren't any fees for using Rula. Learn more



Anne Treisman
Licensed Marriage and Family Therapist

Accepts your insurance Individual therapy Specializes in anxiety

Hi there, I'm Anne!

My name is Anne Treisman and I am a Licensed Clinical Social Worker (LCSW) based in San Jose, California and working with clients statewide via telehealth. I work with adolescents and specialize in anxiety, stress, and eating disorders, using Cognitive Behavioral Therapy and Acceptance and Commitment Therapy to help my clients make progress and start feeling better.

My approach
My approach to therapy varies based on the needs of each client I work with. I most frequently use Cognitive Behavioral Therapy and Acceptance and Commitment Therapy, as both modalities help me and the client build a shared understanding of their reality, and allow us to work together to chart a path forward.

My client population & specialty focus
I have found that my style and approach is a good fit for teens and young adults who may be dealing with the challenges of life transitions and social pressures. This often takes the form of anxiety, depression, stress, and eating disorders. I work to help my clients navigate these transition periods and to build skills to allow them to feel better about themselves and develop a more positive outlook on life.

My communication style
My communication style is calm, accommodating, and personable. I want my clients to feel comfortable talking with me about anything, and I pride myself on my ability to listen without judgment.

My journey to becoming a therapist
I decided to become a therapist because I have always wanted to help people. Whether it was as a peer counselor in school, volunteering in my community, or being a trusted and loyal friend, I have always naturally been drawn to helping people through difficult times. I enjoy seeing individuals become the best versions of themselves.

My goals for you
My approach to goal setting with clients is all about working together to define what you want to accomplish in our time together. This often starts by building trust between us, and getting comfortable with what it means to be in therapy. Over time, we'll work together to set goals and track your progress.

My first session with you
What you can expect from our first session together is for us to spend the majority of our time talking about how you've been feeling recently, and me asking questions to better understand some of why you may be feeling that way. The first session is about us building an initial connection and helping me get a sense of where we should go from there. Each individual is different, and I like to listen first before assuming I know what will work best for you moving forward.

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Why is this a strong headshot?

Provider is smiling and appears relaxed.

Provider is facing soft, natural light.

Photo is taken front on, showing head and shoulders.

No distracting background.

Why is this a strong bio?

The summary clearly identifies the licensure, experience, and focus of the provider's practice.

It gives a clear sense of what sessions feel like, with descriptions of the provider's communication style and the in-session environment.

It sets clear expectations for what a typical first session looks like, and explains why that approach is what is best for clients.

Still looking for the right fit?
Get to know available therapists who accept your insurance.

[Find in-network therapists](#)

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