



HEATHER STONE, PH.D.
Clinical Psychologist, PSY 21112

1023 College Avenue
Santa Rosa, CA 95404
(707) 291-7386

Dear Colleague,

I am a licensed clinical psychologist working in private practice in Santa Rosa, and have specialized in treating anxiety disorders for the past 10 years. I have successfully treated patients suffering from Panic Disorder, Agoraphobia, Specific Phobia, Social Phobia, Obsessive-Compulsive Disorder, Posttraumatic Stress Disorder, and Generalized Anxiety Disorder. I work from a cognitive-behavioral model, and provide patients with the support and specific tools they need in order to manage their anxiety.

I consult with many physicians and feel comfortable working collaboratively while staying within the scope of my practice. I have a strong working knowledge of psychotropic medications and their mechanisms, and am familiar with those medications commonly prescribed for anxiety and depression. My work is tailored to fit each individual's needs, and I use quantitative measures to assess therapeutic progress.

Psycho-education
Assessment
Relaxation Training
Cognitive-Behavioral Techniques
Personalized Treatment

If you believe that your patients may benefit from my psychological services, please do not hesitate to make a referral. I look forward to contributing to the health and well being of your patients.

Sincerely,

Heather Stone, Ph.D.