

Find a Therapist

Facilities Guide

Therapy Center

[Start](#) > [California - CA](#) > [Sacramento County](#) > [Sacramento](#) > [95841](#)[Printable Version](#)**Dr. Terry Sandbek**

Psychologist ⓘ, PhD ⓘ



Office  
4300 Auburn Blvd.  
Suite 206  
Sacramento, California 95841  
[Show map](#)

Contact Information  
phone: (916) 489-1774

[Email me](#)[Send profile to friend](#)[Visit my homepage](#)

"My job is to show you how to be happy. This is done with empathy, warmth, and teaching coping skills. Whether you are depressed, struggling with an eating disorder, immobilized with panic attacks or finding your relationships unsatisfying, I can help you have the life you want. You will discover your personal strengths and be able to use them to the fullest. I will be by your side until you have the quality of life you desire. Helping you become whole again is what I do best. My clients exit their therapy as new people. Contact me for more information.

Cognitive Behavior Therapy has been my focus for over 25 years. This treatment has been especially successful with depression, anxiety problems, and eating disorders. I also use research-based therapy for people having difficulty in relationships. Listening, teaching, coaching are my therapeutic strengths. Helping people with worry is a specialty.

As an eating disorders expert, people as far away as England have used my services. I accept each client as unique and adapt the therapy to work for them. Therapeutic goals do not merely target pain and suffering but teach each client how to get the life they want."

**Dr. Terry Sandbek offers a free phone consultation**[To arrange a time, send an email to Dr. Terry Sandbek](#)**General**

Gender: Male  
Years in Practice: 20+ Years  
Avg Cost (per session): \$140 - \$150  
Sliding Scale: No  
Accepts Insurance: No

**Client Focus**

Ethnicity: Any  
Gender: Male  
Religious Orientation: Christian

Age:  
Adolescents  
Adults  
Children  
Elders

**Qualifications**

School: Fuller Graduate School of Psychology  
Year Graduated: 1979  
License No. and State: PSY6989 California

**Specialties**

[Anxiety or Fears](#)  
[Eating Disorders](#)  
[Life Coaching](#)

Common Issues:  
Child or Adolescent Issues  
Depression  
Relationship Issues

Issues:  
ADHD  
Anger Management  
Divorce  
Domestic Abuse  
Domestic Violence  
Loss or Grief  
Parenting

Mental Health:  
Impulse Control Disorders  
Thinking Disorders

**Treatment Preferences**

Orientation:  
[Coaching](#) ⓘ  
[Cognitive Behavioral \(CBT\)](#) ⓘ

Modality:  
Individuals  
Couples  
Family

## Easy Access

Nearby Towns: Auburn, CA, Davis, CA, Sacramento, CA

Nearby Counties: Placer, Sacramento, Yolo

Nearby Zips: 95602, 95616, 95841

Last Modified: 06 May 2010

Dr. Terry Sandbek also appears in the following popular searches:

ADHD Therapist in Sacramento, CA  
Anger Management Therapist in Sacramento, CA  
Anxiety or Fears Therapist in Sacramento, CA  
Child or Adolescent Issues Therapist in Sacramento, CA  
Christian Therapist in Sacramento, CA  
Coaching Therapist in Sacramento, CA  
Cognitive Behavioral (CBT) Therapist in Sacramento, CA  
Couples Therapist in Sacramento, CA  
Depression Therapist in Sacramento, CA  
Divorce Therapist in Sacramento, CA  
Domestic Abuse Therapist in Sacramento, CA  
Domestic Violence Therapist in Sacramento, CA  
Eating Disorders Therapist in Sacramento, CA  
Family Therapist in Sacramento, CA  
Impulse Control Disorders Therapist in Sacramento, CA  
Individuals Therapist in Sacramento, CA  
Life Coaching Therapist in Sacramento, CA  
Loss or Grief Therapist in Sacramento, CA  
Parenting Therapist in Sacramento, CA  
Relationship Issues Therapist in Sacramento, CA  
Thinking Disorders Therapist in Sacramento, CA  
URL: <http://www.TheWorryFreeLife.blogspot.com>

ADHD Therapist in 95841  
Anger Management Therapist in 95841  
Anxiety or Fears Therapist in 95841  
Child or Adolescent Issues Therapist in 95841  
Christian Therapist in 95841  
Coaching Therapist in 95841  
Cognitive Behavioral (CBT) Therapist in 95841  
Couples Therapist in 95841  
Depression Therapist in 95841  
Divorce Therapist in 95841  
Domestic Abuse Therapist in 95841  
Domestic Violence Therapist in 95841  
Eating Disorders Therapist in 95841  
Family Therapist in 95841  
Impulse Control Disorders Therapist in 95841  
Individuals Therapist in 95841  
Life Coaching Therapist in 95841  
Loss or Grief Therapist in 95841  
Parenting Therapist in 95841  
Relationship Issues Therapist in 95841  
Thinking Disorders Therapist in 95841

**Psychology Today**

© Copyright Sussex Publishers, LLC

**The Therapy Directory** [HealthPros.com](#) [BuildingPros.com](#)

© Copyright Sussex Directories Inc.

[About/Contact](#)

[Privacy Policy](#)

[Site Help/Customer Service](#)

[Terms of Service](#)

[Therapy Directory Index](#)

[Healthpros Index](#)

[Buildingpros Index](#)