

Get to know Psychologist Dr. John W. Fishburne, who serves patients in Washington State

John W. Fishburne, PhD



New York City, New York Feb 15, 2024 ([Issuewire.com](https://www.issuewire.com)) - A skilled cognitive-behavioral clinical psychologist, Dr. Fishburne sees clients in person at his private practice in Spokane, WA, and across Washington State via telehealth.

Dr. Fishburne specializes in treating anxiety disorders, including panic, chronic worry, social phobia, and post-traumatic stress disorder (PTSD).

Dr. Fishburne is also very experienced in treating issues that commonly affect couples, including communication problems, lifestyle conflicts, and sexual intimacy issues. He is passionate about teaching clients how to be more intentional in how they choose partners, and when / how to exit harmful relationships.

Dr. Fishburne earned his Ph.D. in Clinical Psychology at the University of Arkansas in 2006 after completing his internship at the Portland VA Hospital. He is deeply invested in maintaining high standards of care in his practice and promotes the use of empirically supported treatments.

Dr. Fishburne recognizes that therapy is not an easy process, yet his desire is that people learn to face the challenges before them with courage and integrity in order to build better resilience as they learn that they can overcome obstacles in their lives. The purpose is not to have less anxiety but to feel more competent to act according to one's values even in the face of fear and insecurity. He believes that it takes practicing courage to be able to live more intentionally.

Dr. Fishburne is the Vice President of Upper Valley Cares Behavioral Health, which is a nonprofit dedicated to helping clients gain better access to therapeutic services by removing barriers to treatment. Specifically, their mission is to provide affordable, quality mental health services to rural communities in Washington State using a telehealth platform.

Learn More about Dr. John W. Fishburne:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/2889414-John-Fishburne-Psychologist> or through his website, <https://www.doctorfishburne.com/>

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clientservice@yourhealthcontact.com

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