



## Carl Robbins

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Zip Code: 21210

Zip Postal: 21210-2819

Populations Treated: Adults

Organization: Anxiety and Stress Disorder Institute of Maryland

Disorders Treated & Specialty: Other, Specific Phobias, Social Anxiety Disorder, Panic Attacks/Panic Disorder, Obsessive Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), Body Dysmorphic Disorder, Anxiety, Agoraphobia

Treatment Methods: Dialectical Behavioral Therapy (DBT), Other, Mindfulness, Interpersonal Therapy (IPT), Exposure Therapy, Compassion-Focused Therapy, Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT)

Payment Options: Accepts Credit Cards

Address1: 4403 Sedgwick Rd

Website: <http://www.anxietyandstress.com>

City: Baltimore

State/Province: Maryland

Country: United States

Degree: MS

Email: [carlrobbins@gmail.com](mailto:carlrobbins@gmail.com)

Office Phone: 410-938-8454

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### ABOUT

Over 35 years of experience in treatment of anxiety disorders and co-occurring mood and substance abuse disorders. Primary approach is cognitive behavioral with extensive use of "Third Wave" therapies including Acceptance and Commitment Therapy and Mindfulness Based Cognitive Therapy. Sub-specialties in health anxiety, OCD, paruresis, and performance anxiety, including public-speaking and sports-related difficulties. I also offer supervision as an approved LCPC supervisor in Maryland.

### TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Compassion-Focused Therapy

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

Interpersonal Therapy (IPT)

Mindfulness

Other

### POPULATIONS TREATED

Adults

### DISORDERS AND SPECIALITIES

Agoraphobia  
Anxiety  
Body Dysmorphic Disorder  
Generalized Anxiety Disorder (GAD)  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Social Anxiety Disorder  
Specific Phobias  
Other

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#### PAYMENT OPTIONS

Accepts Credit Cards



#### ABOUT ANXIETY & DEPRESSION ASSOCIATION

The Anxiety and Depression Association of America (ADAA) developed this **Find Your Therapist Directory** for you to connect with licensed mental health professionals.

Know that you are not alone, and help is available.

ADAA is a nonprofit organization dedicated to the prevention, treatment, and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through the alignment of science, treatment, and education.

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*For the ADAA mental health professionals, this directory also helps you connect with millions of potential patients.*

*To join the directory, contact [membership@adaa.org](mailto:membership@adaa.org).*

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**If you are in crisis call or text 988 for the Suicide & Crisis Lifeline.**

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#### HELPFUL LINKS

##### **ADAA Website**

<https://adaa.org/>

##### **Mental Health Webinars**

<https://adaa.org/resources-news/from-adaa-experts/webinars>

##### **Mental Health Personal Stories**

<https://adaa.org/educational-resources/from-our-community/stories-of-triumph>

##### **ADAA Newsletter Sign Up**

[https://adaa.informz.net/adaa/pages/Triumph\\_Subscribe\\_page](https://adaa.informz.net/adaa/pages/Triumph_Subscribe_page)

##### **Get Involved with ADAA**

