



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/Providence: Maryland

Country: United States

Degree: MS

Email: 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

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.

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.

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

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

Get Involved with ADAA

<https://adaa.org/get-involved>

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