



Charles Barr

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Zip Code: 91101

Zip Postal: 91101-1877

Language: English

Populations Treated: Children, Adolescents/Teens, Adults, Seniors

Organization: CHAANGE, Inc.

Treatment Options: In Office, Telehealth, Phone Consultations

Disorders Treated & Specialty: Agoraphobia, Anxiety, Panic Attacks/Panic Disorder

Treatment Methods: Medication Referral, Mindfulness, Interpersonal Therapy (IPT), Cognitive Behavioral Therapy (CBT), Exposure Therapy

Payment Options: Accepts Some Insurance, Accepts Credit Cards, Accepts Cash and/or Checks, Accepts Medicare

Address1: 131 N El Molino Ave

Address2: Ste 220

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

City: Pasadena

State/Province: California

Country: United States

Degree: PhD

Preferred Pronouns: he/him/his

Email: crbarrphd@earthlink.net

Office Phone: (626) 449-5589

Telehealth: California

Cell Phone: 626-827-0270

Professional focus: Psychologist

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ABOUT

Specializing in the treatment of anxiety disorders, agoraphobia, fear, panic, phobias, OCD, since 1987. Cognitive and behavioral techniques. The Director of CHAANGE, Inc. a cognitive/behavioral type scripted program to treat severe anxiety and agoraphobia.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Interpersonal Therapy (IPT)

Medication Referral

Mindfulness

POPULATIONS TREATED

Adolescents/Teens

Adults

Children

Seniors

DISORDERS AND SPECIALITIES

Agoraphobia

Anxiety

Panic Attacks/Panic Disorder

PAYMENT OPTIONS

Accepts Cash and/or Checks

Accepts Credit Cards

Accepts Medicare

Accepts Some Insurance



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

