



Mark Treegoob

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Zip Code: 85308

Zip Postal: 85308-2800

Language: English

Populations Treated: Seniors, Families, LGBTQI, Adults, Adolescents/Teens

Treatment Options: In Office, Telehealth, Phone Consultations

Disorders Treated & Specialty: Bipolar Disorder, Anxiety, Attention-Deficit/Hyperactivity Disorder, Autism Spectrum Disorder, Body Focused Repetitive Behaviors, Depression, Generalized Anxiety Disorder (GAD), Hoarding, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Social Anxiety Disorder, Specific Phobias, Trichotillomania

Treatment Methods: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Exposure Therapy, Mindfulness, Other

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

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City: Glendale

State/Providence: Arizona

Country: United States

Degree: PhD

Preferred Pronouns: he/him/his

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Office Phone: 8435484

Telehealth: Arizona

Professional focus: Psychologist

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ABOUT

I have been in private practice since 1981 full time. I focus on anxiety disorders, such as: OCD, Generalized Anxiety Disorder, panic attacks, phobias, social anxiety, trichotillomania, hoarding, and stress related problems. I utilize CBT, ERP, ACT, DBT, family therapy techniques, Solution-Focused therapy techniques, and other methods to fit the individual. My approach is tailored to the individual needs of the client, but includes others in the family or social context when necessary.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

Mindfulness

Other

POPULATIONS TREATED

Adolescents/Teens

Adults
Families
LGBTQI
Seniors

DISORDERS AND SPECIALITIES

Anxiety
Attention-Deficit/Hyperactivity Disorder
Autism Spectrum Disorder
Bipolar Disorder
Body Focused Repetitive Behaviors
Depression
Generalized Anxiety Disorder (GAD)
Hoarding
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Social Anxiety Disorder
Specific Phobias
Trichotillomania

PAYMENT OPTIONS

Accepts Cash and/or Checks
Accepts Credit Cards
Accepts Some Insurance
Sliding Scale



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

