



Randy Weiss

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Zip Code: 85012

Zip Postal: 85012

Language: English, Spanish

Populations Treated: Seniors, Adults

Organization: Private Practice

Treatment Options: In Office, Telehealth

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

Treatment Methods: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Exposure Therapy, Intensive Exposure Therapy Protocols, Medication Referral, Mindfulness

Payment Options: Accepts Credit Cards

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Telehealth: Arizona

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Professional focus: Social Worker

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ABOUT

I specialize in helping people overcome anxiety, panic attacks and worry by using evidence-based methods that have demonstrated results. By incorporating well-researched techniques including cognitive-behavioral therapy, acceptance and exposure therapy, I tailor treatment to your needs and provide you with the knowledge and skills to overcome your fears. With my guidance you'll gain a new perspective on anxiety. You'll recognize anxiety when it occurs and react to it in a whole new way that tames it. You'll learn techniques to manage anxiety in the future. Most importantly: when anxiety occurs in the future, it won't matter. . . . because you won't be afraid of it anymore! Although anxiety is very common, effective therapy is hard to find. In my office you'll learn proven strategies to overcome your anxiety symptoms. Relief from anxiety, panic and worry IS possible!

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

Medication Referral

Mindfulness

POPULATIONS TREATED

Adults
Seniors

DISORDERS AND SPECIALITIES

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

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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