



**Jayson Mystkowski**

Zip Code: 90036

Zip Postal: 90036

Language: English

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

Organization: Cognitive Behavior Health Partners

Treatment Options: In Office, Telehealth

Disorders Treated & Specialty: Other, Trichotillomania, Trauma, Tourette's Syndrome, Stress, Social Anxiety Disorder, Sleep Disorders, Posttraumatic Stress Disorder (PTSD), Body Focused Repetitive Behaviors, Agoraphobia, Anxiety, Bipolar Disorder, Body Dysmorphic Disorder, Chronic Illness, Depression, Divorce, Gender Identity, Generalized Anxiety Disorder (GAD), Grief, Health Anxiety, Hoarding, Intrusive Thoughts, Irritable Bowel Syndrome (IBS), LGBTQ+, MDD, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias

Treatment Methods: Exposure Therapy, Compassion-Focused Therapy, Cognitive Behavioral Therapy for Insomnia (CBT-I), Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), Intensive Exposure Therapy Protocols, Mindfulness, Telemental Health

Payment Options: Accepts Credit Cards, Sliding Scale

Address1: 5757 Wilshire Blvd.

Address2: Suite 439

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

City: Los Angeles

State/Province: California

Country: United States

Degree: ABPP, PhD

Preferred Pronouns: he/him/his

Email: [jlmyst@ucla.edu](mailto:jlmyst@ucla.edu)

Office Phone: 3105799335

Telehealth: California, Connecticut, New York, Washington

Cell Phone: 323-428-0825

Professional focus: Psychologist

## ABOUT

Dr. Jayson L. Mystkowski (preferred pronouns: he/him/his) received a Ph.D. from the UCLA Clinical Psychology program in 2003 and a B.A. Summa Cum Laude and Phi Beta Kappa in Psychology, with Departmental Honors, from Northwestern University in 1997. At UCLA, where he has been a Clinical Professor for over 15yrs in their Psychology Clinic, Dr. Mystkowski acquired a strong foundation in applying behavior theories to the understanding and treatment of anxiety disorders while working with Dr. Michelle Craske and has published several papers on this topic. His clinical training is diverse, with time spent on anxiety treatment studies at UCLA, practicum and post-doctoral training at the Greater Los Angeles Veterans Administration Hospital System, and an APA-accredited internship at UCLA Counseling and Psychological Services (CAPS). After 15yrs as a licensed clinical psychologist and the Associate Clinical Director at Cognitive Behavior Associates in Beverly Hills, Dr. Mystkowski founded Cognitive Behavior Health Partners in 2019. Dr. Mystkowski is licensed in CA (#20077), CT (#4416), and WA (#61634860), has been granted the Authority to Practice Interjurisdictional Telepsychology (APIT: E. Passport Mobility #14145) and a Certificate of Professional Qualification (CPQ) by the Association of State and Provincial Psychology Boards (ASPPB). While trained as a generalist, Dr. Mystkowski mainly practices within a cognitive behavioral therapy (CBT) framework, including mindfulness-based cognitive therapy (MBCT), compassion-focused therapy (CFT), and acceptance and commitment therapy (ACT), specializing in the treatment of adults with anxiety (e.g., panic, worry, phobias, OCD, and PTSD) and mood disorders (e.g., episodic and chronic depression), relational problems, and phase of life transitions. In addition, he has training in the psychological treatment of Irritable Bowel Syndrome (IBS), insomnia, and bipolar disorder, as well as an extensive background working with LGBTQ+ clients. Dr. Mystkowski has flexible hours and telehealth options, offers a sliding fee schedule, and is also a Lyra Health provider. He is Board Certified in Behavioral and Cognitive Psychology by the American Board of Professional Psychology (ABPP) and is a Diplomate of the Academy of Cognitive and Behavioral Therapies (A-CBT), certified as a Cognitive-Behavioral Therapist.

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## TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)  
Cognitive Behavioral Therapy (CBT)  
Cognitive Behavioral Therapy for Insomnia (CBT-I)  
Compassion-Focused Therapy  
Exposure Therapy  
Intensive Exposure Therapy Protocols  
Mindfulness  
Telemental Health

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## POPULATIONS TREATED

Adolescents/Teens  
Adults  
LGBTQI  
Seniors

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## DISORDERS AND SPECIALITIES

Agoraphobia  
Anxiety  
Bipolar Disorder  
Body Dysmorphic Disorder  
Body Focused Repetitive Behaviors  
Chronic Illness  
Depression  
Divorce  
Gender Identity  
Generalized Anxiety Disorder (GAD)  
Grief  
Health Anxiety  
Hoarding  
Intrusive Thoughts  
Irritable Bowel Syndrome (IBS)  
LGBTQ+  
MDD  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Phobias  
Posttraumatic Stress Disorder (PTSD)  
Sleep Disorders  
Social Anxiety Disorder  
Stress  
Tourette's Syndrome  
Trauma  
Trichotillomania  
Other

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## PAYMENT OPTIONS

Accepts Credit Cards  
Sliding Scale



#### ABOUT ANXIETY & DEPRESSION ASSOCIATION (ADAA)

*ADAA's Find Your Therapist Directory connects YOU with licensed mental health professionals/counselors, with clinical licenses and who have expertise in anxiety, depression, OCD, PTSD, and co-occurring disorders.*

*We are increasing the number of mental health professionals listed. We also list ADAA members who work for behavioral health clinics.*

*If you cannot find a therapist, contact your medical provider, your insurance company, or other lists of licensed mental health professionals.*

*Please note that US clinicians are not able to see clients outside of the US due to licensing restrictions.*

*Please note that clinicians in the directory who do not state that they participate in an insurance plan do not take insurance.*

Know that you are not alone, and help is available. If you are in crisis call or text 988 for the Suicide & Crisis Lifeline.

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*For the ADAA mental health professionals, this directory also helps you connect with potential patients. To join the directory, contact [membership@adaa.org](mailto:membership@adaa.org).*

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*The members in ADAA's Find Your Therapist directory are listed for the sole purpose of helping the public or serving as an ADAA professional member referral.*

*The emails of the therapists cannot be used to contact them for any reason other than requesting mental health services or for an ADAA professional member to reach out to another member to discuss a possible referral. These emails are not to be used to solicit business or promote any products. ADAA reserves the right to take legal action if solicitations occur.*

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#### HELPFUL LINKS

**ADAA Website**  
<https://adaa.org/>

**Tips and Questions About How to Chose a Therapist That's Right for You**

<https://adaa.org/finding-help/treatment/choosing-therapist>

**5 Tips for How to Know If an Anxiety Therapist Is the Right Fit for You**

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/5-tips-how-know-if-anxiety-therapist-right-fit>

**Watch ADAA's Short "What is" Videos on Depression, MDD, PTSD, OCD and Suicide**

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

**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 Free Newsletter Sign Up**

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

**Join a Free Support Community**

<https://adaa.org/find-help/support>

**Meet ADAA's Institutional Members**

<https://adaa.org/professionals/Institutional-Memberships>

**For Therapists: Watch ADAA's Find Your Therapist Video**

<https://youtu.be/Eq3zOzbfGoU>