



Joel Minden

Zip Code: 95928

Zip Postal: 95928-5343

Language: English

Populations Treated: Adults, Seniors

Organization: Chico Center for Cognitive Behavior Therapy

Treatment Options: Home Visits, In Office, Telehealth, Phone Consultations

Disorders Treated & Specialty: Social Anxiety Disorder, Stress, Trichotillomania, Sleep Disorders, Anger Management, Academic Underachievement, Attention-Deficit/Hyperactivity Disorder, Behavioral Issues, Depression, Emotional Disturbance, Generalized Anxiety Disorder (GAD), Health Anxiety, Intrusive Thoughts, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias

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

Payment Options: Accepts Credit Cards

Address1: 341 Broadway St

Address2: Ste 414

Website: <https://cibtchico.com>

City: Chico

State/Province: California

Country: United States

Degree: ACT, PhD

Email: joel@cibtchico.com

Office Phone: 5306905635

Telehealth: California

Cell Phone: 5306905635

Professional focus: Psychologist

ABOUT

If you struggle with anxiety or depression, you know how difficult it can be to cope. When anxiety is at its worst, it feels like something awful is about to happen. Without knowing how to respond, it's easy to get trapped in what seems like an endless pattern of worry and avoidance. Depression feels exhausting, hopeless, and sad. Motivation and activity decline, and it's hard to believe that things will ever get better. Imagine being more active, skilled, and competent, communicating more effectively in relationships, being more productive at work or school, and feeling more satisfied with life. Cognitive behavior therapy (CBT) is an evidence-based treatment designed to help you think, feel, and function better. We'll discuss your goals and how to change patterns of thinking and behavior to achieve them. I'm a licensed clinical psychologist specializing in cognitive behavior therapy for anxiety, depression, and relationship problems. I offer evidence-based, professional treatment in the context of a collaborative, supportive, and nonjudgmental therapeutic relationship. Please visit my website at <https://www.cibtchico.com> for more information or email me for a free consultation. I look forward to speaking with you.

ADDITIONAL INFORMATION

I'm the author of "[Show Your Anxiety Who's Boss](#)" and a diplomate of The Academy of Cognitive and Behavioral Therapies.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy for Insomnia (CBT-I)

Exposure Therapy
Telemental Health

POPULATIONS TREATED

Adults
Seniors

DISORDERS AND SPECIALITIES

Academic Underachievement
Anger Management
Attention-Deficit/Hyperactivity Disorder
Behavioral Issues
Depression
Emotional Disturbance
Generalized Anxiety Disorder (GAD)
Health Anxiety
Intrusive Thoughts
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Phobias
Sleep Disorders
Social Anxiety Disorder
Stress
Trichotillomania

PAYMENT OPTIONS

Accepts Credit Cards



ABOUT ANXIETY & DEPRESSION ASSOCIATION (ADAA)

Looking for a Therapist? ADAA Can Help

ADAA's Find Your Therapist Directory is your trusted resource for connecting with licensed mental health professionals who specialize in treating anxiety, depression, OCD, PTSD, and other related disorders. Each provider listed holds a valid clinical license and brings expertise to support your mental wellness journey.

If You're Having Trouble Finding a Therapist

If you don't find a match in our directory, we encourage you to:

- Contact your primary care provider
- Check with your health insurance company
- Explore other reputable directories of licensed mental health professionals

Please Note:

- U.S.-based clinicians cannot see clients who reside outside the United States due to licensing laws.
- Clinicians who do not mention insurance participation in their profile do not accept 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.

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.

HELPFUL LINKS

ADAA Website

<https://adaa.org/>

Tips and Questions About How to Choose 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 Anxiety, Depression, MDD, PTSD, OCD and more!

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

ADAA's Free 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

Join a Free ADAA Online Peer-to-Peer Support Community

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

Meet ADAA's Institutional Members

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

Therapists: Watch ADAA's Find Your Therapist Video and Join the Directory!

<https://youtu.be/Eq3zOzbfGoU>