



**Randy Gibson**

Zip Code: 75244

Zip Postal: 75244-5844

Language: English

**Populations Treated:** Couples, Families, LGBTQI, Seniors, Children, Adolescents/Teens, Adults

**Organization:** Randy Gibson, LPC

**Treatment Options:** In Office, Telehealth, Phone Consultations

**Disorders Treated & Specialty:** Generalized Anxiety Disorder (GAD), Agoraphobia, Anxiety, Attention-Deficit/Hyperactivity Disorder, Bipolar Disorder, Depression, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), School Refusal, Separation Anxiety, Social Anxiety Disorder, Specific Phobias, Trauma, Other

**Treatment Methods:** Cognitive Behavioral Therapy (CBT), Exposure Therapy, Medication Referral, Mindfulness, Other

**Payment Options:** Accepts Medicaid, Accepts Some Insurance, Accepts Credit Cards, Accepts Cash and/or Checks, Accepts Venmo/App-based Payment, Sliding Scale

**Address1:** 4230 Lyndon B Johnson Fwy

**Address2:** Ste 210

**Website:** <http://www.randygibson.com>

**City:** Dallas

**State/Province:** Texas

**Country:** United States

**Degree:** MS

**Email:** [feelings@randygibson.com](mailto:feelings@randygibson.com)

**Office Phone:** 214-929-4670

**Telehealth:** Texas

**Cell Phone:** 214-929-4670

**Professional focus:** Counselor

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## ABOUT

I have successfully treated anxiety and phobias for over 25 years. As you and I work together, you will gain an understanding of your fears, learn to express them appropriately and grow into a better life.

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## TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Medication Referral

Mindfulness

Other

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## POPULATIONS TREATED

Adolescents/Teens

Adults

Children

Couples

Families

LGBTQI

Seniors

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#### DISORDERS AND SPECIALITIES

Agoraphobia

Anxiety

Attention-Deficit/Hyperactivity Disorder

Bipolar Disorder

Depression

Generalized Anxiety Disorder (GAD)

Obsessive Compulsive Disorder (OCD)

Panic Attacks/Panic Disorder

Posttraumatic Stress Disorder (PTSD)

School Refusal

Separation Anxiety

Social Anxiety Disorder

Specific Phobias

Trauma

Other

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#### PAYMENT OPTIONS

Accepts Cash and/or Checks

Accepts Credit Cards

Accepts Medicaid

Accepts Some Insurance

Accepts Venmo/App-based Payment

Sliding Scale



## 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.**

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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 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](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>