



Randy Weiss

Zip Code: 85012

Zip Postal: 85012-1271

Language: English, Spanish

Populations Treated: Adults, Seniors

Organization: Private Practice

Treatment Options: In Office, Telehealth

Disorders Treated & Specialty: Stress, Tinnitus Distress, Social Anxiety Disorder, Anxiety, Agoraphobia, Chronic Illness, Depression, Emetophobia, Generalized Anxiety Disorder (GAD), Health Anxiety, Intrusive Thoughts, MDD, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias, Sleep Disorders

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

Payment Options: Accepts Cash and/or Checks, Accepts Credit Cards

Address1: 301 E Bethany Home Rd

Address2: Ste C296

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

City: Phoenix

State/Province: Arizona

Country: United States

Home Email: randywlcsw@gmail.com

Degree: LCSW, MSW

Preferred Pronouns: she/her/hers

Email: randywlcsw@gmail.com

Office Phone: 602-242-5400

Telehealth: Arizona

Cell Phone: 602-242-5400 (Office)

Professional focus: Social Worker

ABOUT

I specialize in helping people overcome anxiety, including: panic attacks; agoraphobia; specific phobias (fear of driving & flying); social anxiety; insomnia, and worry, including health worry, using evidence-based methods that have demonstrated results. I treat these problems using a combination of 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 will 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. Most importantly, when anxiety occurs in the future, 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
Chronic Illness
Depression
Emetophobia
Generalized Anxiety Disorder (GAD)
Health Anxiety
Intrusive Thoughts
MDD
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Phobias
Sleep Disorders
Social Anxiety Disorder
Stress
Tinnitus Distress

PAYMENT OPTIONS

Accepts Cash and/or Checks
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>