



Reid Wilson

Zip Code: 27516

Zip Postal: 27516-8203

Language: English

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

Organization: Anxiety Disorders Treatment Center

Treatment Options: Telehealth

Disorders Treated & Specialty: Hoarding, Anxiety, Generalized Anxiety Disorder (GAD), Health Anxiety, Intrusive Thoughts, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias, Posttraumatic Stress Disorder (PTSD), Social Anxiety Disorder, Tourette's Syndrome, Trauma, Trichotillomania

Treatment Methods: Cognitive Behavioral Therapy (CBT), Exposure Therapy, Mindfulness

Payment Options: Accepts Credit Cards

Address1: 421 Bennett Orchard Trl

Website: <https://anxieties.com/36/what-we-do>

City: Chapel Hill

State/Providence: North Carolina

Country: United States

Degree: PhD

Preferred Pronouns: he/him/his

Email: drwilson@anxieties.com

Office Phone: 919-942-0700

Telehealth: North Carolina

Cell Phone: 9193609909

Professional focus: Psychologist

ABOUT

REID WILSON, Ph.D. is Director of the Anxiety Disorders Treatment Center in Chapel Hill, NC. Dr. Wilson is an international expert in the treatment of anxiety disorders, with books translated into 10 languages. He is author of *Stopping the Noise in Your Head* (HCI Books) as well as *Don't Panic: Taking Control of Anxiety Attacks* (Harper) and *Facing Panic: Self-Help for People with Panic Attacks* (ADAA), is co-author, with Dr. Edna Foa of *Stop Obsessing! How to Overcome Your Obsessions and Compulsions* (Bantam), co-author with Lynn Lyons of *Anxious Kids, Anxious Parents* (HCI Books) as well as *Playing with Anxiety: Casey's Guide for Teens and Kids* (Pathway Systems), and *Achieving Comfortable Flight* (with Captain Slim Cummings), a digital self-help package for the fearful flier. He designed and served as lead psychologist for American Airlines' first national program for the fearful flier. Dr. Wilson served on the Board of Directors of the Anxiety Disorders Association of America (ADAA) for 12 years. In 2014 he was honored with ADAA's highest award. He served as Program Chair of the National Conferences on Anxiety Disorders from 1988-1991. His free self-help website, anxieties.com, provides detailed help for all anxiety disorders and OCD. Television appearances include *The Oprah Winfrey Show*, *The Katie Show*, *A&E's Hoarders*, *Good Morning America*, *CNN*, *CNN-Financial Network*, and various local news shows across the nation.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Mindfulness

POPULATIONS TREATED

Adolescents/Teens
Adults
Children
Couples
Families
LGBTQI
Seniors

DISORDERS AND SPECIALITIES

Anxiety
Generalized Anxiety Disorder (GAD)
Health Anxiety
Hoarding
Intrusive Thoughts
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Phobias
Posttraumatic Stress Disorder (PTSD)
Social Anxiety Disorder
Tourette's Syndrome
Trauma
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>