



Tabasom Vahidi

Zip Code: 92660

Zip Postal: 92660

Language: English, Persian

Populations Treated: Adults, Families, Adolescents/Teens, Children

Organization: OCD and Anxiety Relief Center Inc

Treatment Options: In Office, Telehealth

Disorders Treated & Specialty: Body Dysmorphic Disorder, Agoraphobia, Anxiety, Depression, Generalized Anxiety Disorder (GAD), Health Anxiety, Irritable Bowel Syndrome (IBS), Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias, Social Anxiety Disorder, Trichotillomania

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

Payment Options: Accepts Credit Cards

Address1: 20 Regents

Website: <http://ocdanxietyrelief.com>

City: Newport Beach

State/Province: California

Degree: PhD

Preferred Pronouns: she/her/hers

Email: tabasomv@gmail.com

Office Phone: (323) 813-6070

Telehealth: California

Cell Phone: 3109224977

ABOUT

My training and experience has focused on a variety of areas including OCD, BDD, depression, anxiety, phobias, maladaptive perfectionism, and low self-esteem. My therapeutic approach is Cognitive-Behavioral therapy, with an emphasis on Exposure and Response Prevention (ERP), Mindfulness-Based Treatment, and Acceptance and Commitment Therapy (ACT) ; however, I individualize my therapy technique to fit the needs of my patient.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

Medication Referral

Mindfulness

Telemental Health

POPULATIONS TREATED

Adolescents/Teens

Adults

Children
Families

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Body Dysmorphic Disorder
Depression
Generalized Anxiety Disorder (GAD)
Health Anxiety
Irritable Bowel Syndrome (IBS)
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Phobias
Social Anxiety Disorder
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/>

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>