



Christopher Weston

Zip Code: 95682
Zip Postal: 95682-8171
Language: English
Populations Treated: Adolescents/Teens, Adults
Organization: Christopher Weston
Treatment Options: Telehealth, Inpatient, Phone Consultations
Disorders Treated & Specialty: Anxiety, Body Dysmorphic Disorder, Generalized Anxiety Disorder (GAD), Obsessive Compulsive Disorder (OCD), Social Anxiety Disorder
Treatment Methods: Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Exposure Therapy, Intensive Exposure Therapy Protocols, Mindfulness, Acceptance and Commitment Therapy (ACT)
Payment Options: Accepts Credit Cards, Accepts Cash and/or Checks, Accepts Venmo/App-based Payment
Address1: 404 Oeste Ct
Website: <https://meetmonarch.com/therapist/christopher-weston-licensed-marriage-and-family-therapist>
City: Cameron Park
State/Providence: California
Country: United States
Degree: BA, LMFT
Preferred Pronouns: he/him/his
Email: cweston@comcast.net
Office Phone: 919-0831
Telehealth: Nevada, California
Cell Phone: 919-0831
Professional focus: Marriage and Family Therapist

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)
Cognitive Behavioral Therapy (CBT)
Dialectical Behavioral Therapy (DBT)
Exposure Therapy
Intensive Exposure Therapy Protocols
Mindfulness

POPULATIONS TREATED

Adolescents/Teens
Adults

DISORDERS AND SPECIALITIES

Anxiety
Body Dysmorphic Disorder
Generalized Anxiety Disorder (GAD)
Obsessive Compulsive Disorder (OCD)
Social Anxiety Disorder

PAYMENT OPTIONS

Accepts Cash and/or Checks

Accepts Credit Cards

Accepts Venmo/App-based Payment



ABOUT ANXIETY & DEPRESSION ASSOCIATION (ADAA)

ADAA's Find Your Therapist Directory connects YOU with licensed mental health professionals/counselors, with clinical licenses and who have expertise in anxiety, depression, OCD, PTSD, and co-occurring disorders.

We are increasing the number of mental health professionals listed. We also list ADAA members who work for behavioral health clinics.

If you cannot find a therapist, contact your medical provider, your insurance company, or other lists of licensed mental health professionals.

Please note that US clinicians are not able to see clients outside of the US due to licensing restrictions.

Please note that clinicians in the directory who do not state that they participate in an insurance plan do not take 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.

For the ADAA mental health professionals, this directory also helps you connect with potential patients. To join the directory, contact membership@adaa.org.

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 Chose 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 Depression, MDD, PTSD, OCD and Suicide

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

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 Support Community

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

Meet ADAA's Institutional Members

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

For Therapists: Watch ADAA's Find Your Therapist Video

<https://youtu.be/Eq3zOzbfGoU>