



**David Carbonell**

Zip Code: 60625

Zip Postal: 60625-8850

Language: English

Populations Treated: Seniors, Adults

Organization: Anxiety Treatment Center, Ltd.

Treatment Options: Telehealth

Disorders Treated & Specialty: Agoraphobia, Social Anxiety Disorder, Phobias, Panic Attacks/Panic Disorder, Obsessive Compulsive Disorder (OCD), Intrusive Thoughts, Health Anxiety, Generalized Anxiety Disorder (GAD), Emetophobia, Anxiety, Trichotillomania

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

Payment Options: Accepts Venmo/App-based Payment

Address1: 2522 W Lawrence Ave

Address2: Unit 256539

Website: <https://www.anxietycoach.com>

City: Chicago

State/Province: Illinois

Country: United States

Home Email: [davecarb@comcast.net](mailto:davecarb@comcast.net)

Degree: PhD

Preferred Pronouns: he/him/his

Email: [dcarbonell2@gmail.com](mailto:dcarbonell2@gmail.com)

Office Phone: (312) 912-9989

Telehealth: Wyoming, Wisconsin, West Virginia, Washington, Virginia, Utah, Texas, Tennessee, Colorado, Kansas, Indiana, Illinois, Idaho, Georgia, Florida, District of Columbia, Delaware, Connecticut, Kentucky, Arkansas, Arizona, Alabama, New Jersey, South Carolina, Rhode Island, Pennsylvania, Oklahoma, Ohio, North Dakota, North Carolina, New York, New Hampshire, Nevada, Nebraska, Missouri, Minnesota, Michigan, Maryland, Maine

Cell Phone: 8477075353

Professional focus: Psychologist

#### ABOUT

Cognitive-behavioral and acceptance based treatment of panic, phobias, agoraphobia, generalized anxiety disorder, social phobia, and OCD. Group programs for panic and fear of flying. Author of "Panic Attacks Workbook", "The Worry Trick", "Fear of Flying Workbook" and "Outsmart Your Anxious Brain".

#### TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Mindfulness

#### POPULATIONS TREATED

Adults

Seniors

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#### DISORDERS AND SPECIALITIES

Agoraphobia  
Anxiety  
Emetophobia  
Generalized Anxiety Disorder (GAD)  
Health Anxiety  
Intrusive Thoughts  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Phobias  
Social Anxiety Disorder  
Trichotillomania

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#### PAYMENT OPTIONS

Accepts Venmo/App-based Payment



## 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>