



Robert Yeilding

Zip Code: 92612

Zip Postal: 92612-2407

Language: English

Populations Treated: Seniors, LGBTQI, Adults, Adolescents/Teens

Organization: YCBT Services

Treatment Options: Phone Consultations

Disorders Treated & Specialty: Autism Spectrum Disorder, Agoraphobia, Anxiety, Depression, Generalized Anxiety Disorder (GAD), Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Selective Mutism Disorder, Social Anxiety Disorder, Trauma

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

Payment Options: Accepts Credit Cards

Address1: 19712 MacArthur Blvd

Address2: Ste 110

Website: <https://ycbtservices.com>

City: Irvine

State/Province: California

Country: United States

Home Email: dryeilding@gmail.com

Degree: PSYD

Preferred Pronouns: he/him/his

Email: dryeilding@gmail.com

Office Phone: 9499390259

Telehealth: California

Cell Phone: 9499390259

Professional focus: Psychologist

ABOUT

YCBT Services is a private practice specializing in the provision of Cognitive-Behavioral Therapy (CBT). YCBT Services utilizes the scientific effectiveness of CBT, as well as the wisdom and practice of mindfulness and compassion to help alleviate suffering.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Compassion-Focused Therapy

Exposure Therapy

Mindfulness

POPULATIONS TREATED

Adolescents/Teens

Adults

LGBTQI

Seniors

DISORDERS AND SPECIALITIES

- Agoraphobia
 - Anxiety
 - Autism Spectrum Disorder
 - Depression
 - Generalized Anxiety Disorder (GAD)
 - Obsessive Compulsive Disorder (OCD)
 - Panic Attacks/Panic Disorder
 - Posttraumatic Stress Disorder (PTSD)
 - Selective Mutism Disorder
 - Social Anxiety Disorder
 - Trauma
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PAYMENT OPTIONS

- Accepts Credit Cards



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>