



Steven Seay

Zip Code: 33410

Zip Postal: 33410-3477

Language: English

Populations Treated: Couples, Other, Veterans, People W/ Disabilities, LGBTQI, Families, Seniors, BIPOC, Adults, Adolescents/Teens, Children

Organization: Center for Psychological & Behavioral Science

Treatment Options: Phone Consultations, Telehealth, In Office, Home Visits, Group Therapy

Disorders Treated & Specialty: Other, Trichotillomania, Trauma, Tourette's Syndrome, Stress, Body Dysmorphic Disorder, Bipolar Disorder, Behavioral Issues, Autism Spectrum Disorder, Attention-Deficit/Hyperactivity Disorder, Anxiety, Agoraphobia, Body Focused Repetitive Behaviors, MDD, Social Anxiety Disorder, Separation Anxiety, School Refusal, Selective Mutism Disorder, Posttraumatic Stress Disorder (PTSD), Phobias, Panic Attacks/Panic Disorder, Obsessive Compulsive Disorder (OCD), Misophonia, Intrusive Thoughts, Hoarding, Health Anxiety, Grief, Generalized Anxiety Disorder (GAD), Emotional Disturbance, Emetophobia, Depression

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

Payment Options: Accepts Cash and/or Checks, Accepts Credit Cards

Address1: 11380 Prosperity Farms Rd

Address2: Ste 209A

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

City: Palm Beach Gardens

State/Providence: Florida

Country: United States

Degree: PhD

Preferred Pronouns: he/him/his

Email: adaa@psychologyandbehavior.com

Office Phone: (561) 444-8040

Telehealth: Florida, Missouri

Professional focus: Psychologist

ABOUT

Dr. Steven Seay lives in Palm Beach County, Florida and is a licensed psychologist. He is the Clinical Director of the Center for Psychological & Behavioral Science in Palm Beach Gardens, Florida. Dr. Seay conducts evidence-based cognitive behavioral therapy, including exposure and response prevention (ERP). He has specialized training and experience working with children and adults with anxiety disorders, including Obsessive-Compulsive Disorder (OCD), Social Anxiety Disorder, Generalized Anxiety Disorder, Panic Disorder, and Post-Traumatic Stress Disorder. Dr. Seay also has clinical interests in treating mood disorders, providing couples therapy, and helping patients with health behavior changes. Among his recent publications, Dr. Seay co-authored a book chapter entitled Pathogenesis of Generalized Anxiety Disorder in the Textbook of Anxiety Disorders. After completing his Ph.D., Dr. Seay was a psychology resident at the Anxiety Disorders Center of Saint Louis Behavioral Medicine Institute where he worked with C. Alec Pollard, a prominent clinician and researcher who is on the advisory boards of the International Obsessive Compulsive Foundation and the Anxiety Disorders Association of America. Dr. Seay received a Bachelor of Science degree in Psychobiology (with a minor in Chemistry) from the University of Miami. He then earned dual doctoral degrees in Clinical Science and Neuroscience at Indiana University and completed a pre-doctoral internship at the Indiana University School of Medicine. Dr. Seay has been broadly trained in therapy and assessment, and he has worked in a variety of outpatient mental health clinics as well as inpatient settings. Dr. Seay's research has emphasized the role of basic decision making processes in OCD symptomatology and also has looked at the ways in which basic learning processes (e.g., discrimination conditioning) might contribute to the development and maintenance of OCD.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)
Cognitive Behavioral Therapy (CBT)
Compassion-Focused Therapy
Dialectical Behavioral Therapy (DBT)
Exposure Therapy
Intensive Exposure Therapy Protocols
Medication Referral
Mindfulness
Telemental Health
Virtual Reality Exposure
Other

POPULATIONS TREATED

Adolescents/Teens
Adults
BIPOC
Children
Couples
Families
LGBTQI
People W/ Disabilities
Seniors
Veterans
Other

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Attention-Deficit/Hyperactivity Disorder
Autism Spectrum Disorder
Behavioral Issues
Bipolar Disorder
Body Dysmorphic Disorder
Body Focused Repetitive Behaviors
Depression
Emetophobia
Emotional Disturbance
Generalized Anxiety Disorder (GAD)
Grief
Health Anxiety
Hoarding
Intrusive Thoughts
MDD
Misophonia
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Phobias
Posttraumatic Stress Disorder (PTSD)
School Refusal
Selective Mutism Disorder
Separation Anxiety
Social Anxiety Disorder
Stress
Tourette's Syndrome
Trauma
Trichotillomania
Other

PAYMENT OPTIONS

Accepts Cash and/or Checks
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>