

John Tsilimparis, MFT

John Tsilimparis, MFT is Cognitive Behavioral therapist who specializes in the treatment of anxiety disorders. He is a former staff therapist at Cedars-Sinai Hospital's mental health center in Los Angeles as well as at Kaiser Permanente. He also works in the field of addiction as a drug and alcohol counselor and interventionist. He is also in private practice in Brentwood, CA

John is featured regularly as a therapist on the TV Documentary series *OBSESSED* which airs on the A&E network. On the TV show he treats patients suffering from severe anxiety disorders such as OCD, Agoraphobia and Panic Disorder. He has also appeared on several television talk-shows speaking about anxiety such as *Larry King Live* and *The View*.

“One of the many reasons I personally enjoy working in a CBT model is that the process is a collaborative effort between therapist and patient. This collaborative alliance ultimately provides patients with a vital and enduring sense of personal empowerment over their negative thoughts and compulsive behaviors.”

John is also an adjunct professor at Pepperdine University and Antioch University. He has presented workshops at UCLA Extension and other clinical organizations.

John also published a book in 2003 called, *Living with Panic Disorder*.

As a former anxiety disorder sufferer since the age of 8, I have dedicated my work as a therapist to offering safe, compassionate treatment for people struggling with anxiety.

And as a clinician it is very fulfilling to watch patients improve and subsequently, elevate the quality of their lives.