

**Education:** Kristhal received her BA in Psychology from Marist College and received her MSW from Fordham University. In addition, she received her CASAC AC in 2022 and has certifications in Dialectical Behavioral Therapy (DBT) and Trauma-Focused Cognitive Behavioral Therapy (TF-CBT).

**Previous Experience:** Kristhal has a background in working in outpatient substance abuse treatment for 12 years, providing individual and group psychotherapy to dual diagnosed adolescents and adults.

**Areas of Focus:** Working with adolescents and adults who suffer from Substance Use Disorders, Anxiety Disorders, Depression, Mood Disorders, Grief and Trauma. Kristhal provides client centered care using various treatment modalities and the use of evidenced practices, including CBT, CPT, DBT, positive psychology and mindfulness. She has experience treating depression, anxiety disorders, mood disorders, OCD, addictive patterns, substance abuse, self-esteem issues and transitioning through life changes.

Bilingual in Spanish.