

SPECIALISTS IN HEALTH PSYCHOLOGY

*"Wellness
Starts
Within"*

WHO WE WORK WITH

PATIENTS WHO HAVE ILLNESSES SUCH AS:



Bariatric Patients



Cancer & Blood



Chronic Pain



Pre-Surgical



PRESURGICAL EVALUATIONS

Evaluating psychological readiness for surgery, ensuring understanding and preparing for post-surgery expectations, for procedures such as bariatric surgery, spinal cord simulator, organ and bone marrow transplant.

BRIEF THERAPY

We help patients with learning and practicing new skills to deal with pain, preventative care, and also provide psychoeducation about recovery. We do this using cognitive behavioral and acceptance therapy techniques as well as teaching relaxation skills and stress management strategies.

TELEHEALTH

Embrace the convenience of telehealth with our practice, providing comprehensive evaluations and treatment securely from the comfort of your own space. Experience personalized care without the need to travel – your well-being, your way.

NATIONWIDE

As PSYPACT providers, we offer telehealth services in 41 states, bringing mental health support directly to you. Experience quality care without borders.

CONNECT WITH US 

Connecting with us is easy! Reach out by phone, email, or have your doctor send a referral. Proudly serving individuals in 41 states, we're here to support you on your journey to well-being.



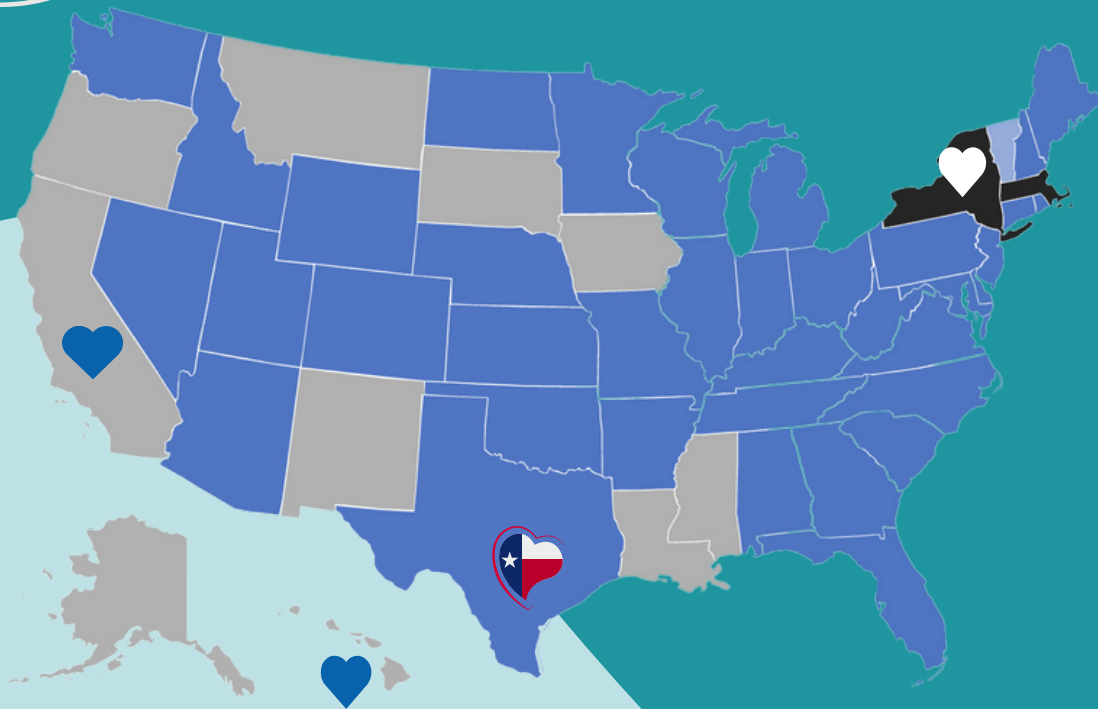
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TELEHEALTH AVAILABLE IN: AL, AZ, AR, CO, CNMI, CT, DE, FL, DC, GA, ID, IL, IN, KS, KY, ME, MD, MI, MN, MO, NE, NV, NH, NJ, NC, ND, OH, OK, PA, TN, TX, UT, VA, WA, WV, WI, AND WY

OUR PROVIDERS ARE ALSO LICENSED IN CA, NY, & HI

IN-PERSON APPOINTMENTS AVAILABLE IN SAN ANTONIO, TX

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