

Alaleh Selkirk, PhD, Psychologist with Introspection Beverly Hills

Get to know Psychologist Dr. Alaleh Selkirk, who serves patients in Beverly Hills, California.



New York City, Jun 4, 2019 (Issuewire.com) - Dr Selkirk is a psychologist whose goal is to help patients compassionately explore the depths of their emotions and find empowerment through meaningful self-discovery. "I have always possessed a deep love of learning. Inquisitive since childhood, I remain a lifelong student, continuously drawn to investigate the ultimate unknown: the human mind. Through my life, I have realized that no matter how much we learn about the human brain,

there is always more to discover, and there is always something new to be found in each individual's story" as stated by Dr. Selkirk.

Dr Selkirk is currently serving patients at her own private practice - Introspection Beverly Hills - in Beverly Hills, California. Introspection Beverly Hills is a professional psychological corporation that specializes in the diagnosis and treatment of adult mood disorders, trauma and stressor-related disorders, as well as personality disorders. "Whether you feel weighed down by sadness, consumed by worry, haunted by the past, or unseen in your relationships, I am here to offer you attention, validation, and understanding. You deserve to feel in charge of your own life. I believe you are more resilient than you sometimes feel" as stated by Dr. Selkirk.

Dr Selkirk did not plan to pursue trauma therapy until she began working as a Navy psychologist and saw trauma and PTSD at work. Before then, she had earned a PhD in psychology from the Harold Abel School of Psychology in 2008.

Dr Selkirk served as an Adjunct Professor in the Department of Psychology at Florida State University from 2009 until 2010.

Dr Selkirk attributes her success to her commitment to therapy, her ability to reach out to people, as well as her ability to keep up the effort.

Psychology is the science of behaviour and mind. It includes the study of conscious and unconscious phenomena, as well as feeling and thought. Through psychotherapy and experimentation, Dr Selkirk works to promote safety, understanding, and good mental health. Her areas of expertise include depression, anxiety, trauma, narcissism, obsessive-compulsive personality, borderline personality, sleep disorders, and interpersonal relationship issues - among others.

Dr Selkirk's patients have excellent things to say about her, one stating "Dr Selkirk is one of if not, the most professional and caring doctors I have ever encountered. She was very understanding and a joy to work with. I would recommend her 10 times out of 10."

In addition to English, Dr Selkirk speaks German and Farsi.

Dr Selkirk values spending time with her family. Her adventurous spirit draws her to the outdoors, and she loves wandering along the beach, in the mountains, or through the woods. In addition to working out, practising yoga, reading, listening to music, and occasionally binge-watching streaming television, Dr Selkirk enjoys going out and being around people, interacting with them, and observing the ways they navigate the space around them.

Learn More about Dr Alaleh Selkirk:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/81983789-Alaleh-Selkirk-Psychologist> or through Introspection Beverly Hills, <https://introspectionbeverlyhills.com/my-background/>

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