

Timothy J. O'Connell, MD, a Clinical Psychologist & Family and Couples Therapist in private practice

Get to know Clinical Psychologist & Family and Couples Therapist Dr. Timothy J. O'Connell, who serves patients in Livingston, New Jersey.



New York City, Nov 4, 2019 ([Issuewire.com](http://www.Issuewire.com)) - Dr. O'Connell is a clinical psychologist & family and

couples therapist who is currently serving patients at his private practice in Livingston, New Jersey. With over 40 years of experience, he has special interests in couple and interpersonal relationships, experiential psychotherapy, meditation, transpersonal psychology, family conflict, and spirituality.

Known for his humanistic and interpersonal approaches to therapy, he is highly involved and dedicated to his patients' health and well-being. He also specializes in multiple health issues affecting all ages, including alcohol abuse, anxiety, depression, grief, and emotional disturbances.

Professionally, Dr. O'Connell has been a trainer in family and couples therapy at several institutions. He has trained with Dr. Salvador Minuchin, MD and Dr. Carl Whitaker, MD.

Moreover, he is a certified holotropic breathworker. As such, he offers bimonthly holotropic breathwork sessions. Holotropic breathwork is an experiential form of transpersonal psychology. It involves using the breathing process to access altered states of consciousness. The purpose is to obtain enlightenment of some kind.

Pertaining to his academic career, Dr. O'Connell earned his degree from the University of Maryland School of Medicine in Baltimore, Maryland in 1978.

Clinical psychology is an integration of science, theory, and clinical knowledge for the purpose of understanding, preventing, and relieving psychologically-based distress or dysfunction and to promote subjective well-being and personal development. On the job, clinical psychologists identify psychological, emotional or behavioral issues; diagnose psychological, emotional or behavioral disorders; and develop and implement treatment plans and therapeutic processes.

Learn More About Dr. Timothy J. O'Connell:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/2920889-Timothy-Oconnell-psychologist-Livingston-NJ-07039>

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