

Lauren Gorog, MA. PsyD, a Health Psychologist with Gorog Health Consultants & Psychotherapy, LLC

Get to know Health Psychologist Dr. Lauren Gorog, who serves patients in Denver, Colorado.



New York City, Jun 4, 2020 ([Issuewire.com](https://www.issuewire.com)) - Dr. Gorog is a trained health psychologist who leads a private practice, Gorog Health Consultants & Psychotherapy, LLC in Denver, Colorado. Incorporating a mind-body approach into her treatment, she uses mindfulness-based cognitive behavioral therapy and teaches patients practical somatic-based skills (mindfulness, biofeedback, yoga stretching, diaphragmatic breathing, and more) in order to reduce tension and stress in both the mind and body.

Psychology includes the study of conscious and unconscious phenomena, as well as feeling and thought. It is an academic discipline of immense scope. Health psychologists explore factors that affect an individual's well-being, including biological, psychological, and social impacts. They study the various reactions of individuals when diagnosed with a particular disease, as well as factors that affect their treatment choices. They assist patients through chronic disease care, such as diabetes or substance abuse, and encourage a healthy lifestyle.

"I treat a variety of mental health issues and focus on tailored treatment based on your specific needs. I coordinate your mental health care with your medical providers and leverage the work we do to promote your overall wellness," as stated by the doctor.

She specializes in anxiety, depression, insomnia, eating disorders, grief, loss, trauma, and more. She offers biofeedback and neurofeedback to treat migraine tension headaches, anxiety, IBS, chronic pain, and other disorders impacted by somatic hyperarousal. She is also happy to be able to offer telepsychology (also known as online therapy) to her patients to increase accessibility to mental healthcare. Her goal is to develop a safe, therapeutic environment so that each patient can feel most comfortable to engage in their treatment.

As a certified member of the International Association of Eating Disorders Professionals and a Certified Eating Disorder Specialist (CEDS), Dr. Gorog has experience dealing with the unique issues that come with eating disorders and can help patients overcome these issues. Additionally, she is a member of the American Academy of Sleep Medicine and specializes in CBT-i to treat insomnia.

A firm believer in healing, Dr. Gorog attributes successful treatment by staying current on evidence-based practices and choosing from a variety of approaches to best address patients needs. Dr Gorog wishes to educate her patients and provide them with unique tools and skills, so they can not only overcome their current challenges but become more resilient in their lives moving forward.

Learn More about Dr. Lauren Gorog:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/82737322-Lauren-Gorog-Psychologist> or through Gorog Health Consultants & Psychotherapy, LLC, <https://goroghealth.com/meet-dr-gorog>

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Source : Lauren Gorog, MA. PsyD

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