

## **Elise N. Bascom, PhD, a Licensed Clinical Psychologist with The Corvallis Clinic Asbury Building**

Get to know Licensed Clinical Psychologist Dr. Elise N. Bascom, who serves patients in Corvallis, Oregon.



**New York City, Oct 29, 2020 ([Issuewire.com](https://www.issuewire.com))** - Dr. Bascom is a licensed clinical psychologist who works with patients of the Family Medicine and Internal Medicine providers in the Asbury Building at The Corvallis Clinic to help them with behavioral health issues that are affecting their overall health.

She utilizes an approach rooted in biopsychosocial-spiritual theory, wherein the entirety of a patient is considered relevant to their health and well-being. "Helping patients realize the connection between mind and body, and how to nurture both within a non-judgmental space, has been so rewarding and inspiring to me."

Working in a non-traditional mental-health treatment style, Dr. Bascom meets with patients for a brief intervention, usually about five to six sessions, to help them identify any mental health barriers that may get in the way of them feeling their best. When needed, she can refer patients to longer-term psychotherapy services to help them achieve their mental health goals.

Experience enduring chronic illnesses since she was a child contributed to Dr. Bascom wanting to help others with counseling psychology. "This is the passion that drives me because I know how overwhelming some of these issues can be without the ability to process how it is impacting your sense of identity."

Academically, she completed her Bachelor of Science degree in Psychological Sciences at the University of Missouri-Columbia in 2010. She then went on to earn her Master of Science in Counseling Psychology at Colorado State University in 2016, followed by her Doctorate degree in Counseling Psychology from the same educational venue in 2018.

Believing collaboration is essential, Dr. Bascom wants her patients to have a voice in their care, working with her to tailor strategies for their particular needs. "My ultimate goal is to empower my patients to see that they have so much strength and so many tools they may already be using to help cope with the struggles in their life." She also provides psychoeducation and techniques to improve the quality of life and overall functioning.

Clinical psychology is a broad branch of psychology that focuses on diagnosing and treating mental, emotional, and behavioral disorders. Some of the more common disorders that might be treated include mood disorders like depression, anxiety, or bipolar disorder, in addition to trauma influenced problems such as personality disorders and behavioral difficulties like eating disorders. Licensed clinical psychologists meet with patients to identify problems - emotional, mental, and behavioral - occurring within their lives. Through observation, interviews, and psychological tests, they aim to diagnose any existing disorders or difficulties for their patients.

Outside of her work, Dr. Bascom seeks refuge in crocheting, artistic endeavors, walking, hiking, swimming, and expressive writing. She is a self-professed movie and TV person.

### **Learn More about Dr. Elise N. Bascom:**

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/82737656-Elise-Bascom-Psychologist> or through The Corvallis Clinic, <https://www.corvallisclinic.com/providers/elise-bascom-phd/>

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