

## Hoorie Siddique, PhD, a Licensed Clinical Psychologist with Embolden Psychology

Get to know Licensed Clinical Psychologist Dr. Hoorie Siddique, who serves patients in Maryland and Virginia.



**New York City, Nov 6, 2020 ([Issuewire.com](https://www.issuewire.com))** - Selected as one of “Top 100 Doctors in the DMV,” by Northern Virginia Magazine, Dr. Siddique is a licensed clinical psychologist who leads an innovative practice, Embolden Psychology, with offices in Chantilly, Virginia & Silver Spring, Maryland. She works eclectically to help patients understand their strengths and have a clearer understanding of obstacles

that hold them back, as well as to help promote a sense of satisfaction, courage, and joy.

Respecting the individuality of her patients, Dr. Siddique targets problems using strategies and treatments that speak best to each individual. She values working collaboratively with parents, families, educators, and other treatment providers to make recommendations to enhance every patient's personal strengths and goals. Finally, she believes in the importance of between session support services by text, email, and phone, as needed.

With over two decades of experience in her field, some of her areas of focus include: child and adolescent psychiatry, coping skills, grief, learning disabilities, marital and premarital issues, men's issues, parenting, racial identity, relationship issues, self-esteem, stress, and traumatic brain injury. She is also a mental health consultant for Doctors Without Borders.

Among her academic background, Dr. Siddique earned her Doctorate (PhD) degree in Clinical Psychology from the Catholic University of America in Washington, D.C. She is trained in psychodynamic, interpersonal, and cognitive behavioral therapy, as well as mindfulness/meditation and dialectical behavior therapy. She has advanced training in neuropsychology and administers comprehensive psychological test batteries to help patients understand their patterns of cognitive, academic, social-emotional, behavioral, and executive 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 learning disabilities, substance abuse, depression, anxiety, and eating disorders. Licensed clinical psychologists, like Dr. Siddique, meet with patients to identify problems - emotional, mental and behavioral - in their lives. Through observation, interviews and tests, they aim to diagnose any existing or potential disorders.

In addition to English, Dr. Siddique speaks French, Hindi, and Urdu.

### **Learn More about Dr. Hoorie Siddique:**

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/2897093-Hoorie-Siddique-Psychologist> or through Embolden Psychology, <https://embolden.world/about/>

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