

## **Gerilyn Worthy-Thayer, Ph.D., a Psychologist with Mandala Family Wellness**

Get to know Psychologist Dr. Gerilyn Worthy-Thayer, who serves patients in Ponte Vedra Beach, Florida.



**New York City, New York Nov 11, 2021 ([Issuewire.com](https://www.issuewire.com))** - A top professional in the field of psychology, Dr. Worthy-Thayer is in practice at Mandala Family Wellness in Ponte Vedra Beach, Florida. She believes in the importance of examining the context of each client's individual circumstances and needs in order to best identify and treat the factors impacting the client's treatment and overall wellbeing.

A member of the American Psychological Association, she has experience with very young children with histories of neglect and complex trauma, diverse and underserved populations, children and families, mood and anxiety issues, anxiety and depression in adults, executive functioning difficulties, learning disabilities, grief, behavioral issues, and autism spectrum disorders. She also provides parent training to help parents of children with behavioral and emotional challenges deal with and strategize parenting methods to meet their needs.

Capable of utilizing various techniques to suit the therapeutic needs of her clients, Dr. Worthy-Thayer prefers cognitive-behavioral, family systems, play therapy, and trauma-informed methods of intervention. Additionally, she provides psychological assessment services (developmental, psychoeducational, and diagnostic) as well as individual and group therapy.

Pertaining to her educational pursuits, she received a Bachelor of Science in Psychology from Tuskegee University, a Master of Science in Clinical Psychology from Barry University, and a Doctor of Philosophy in Clinical Psychology from Howard University. She completed her pre-doctoral internship at the Louisiana State University Health Sciences Center, and her post-doctoral residency at Keystone Behavioral Pediatrics and Mandala Family Wellness.

Psychology is the science of behavior and the mind. It includes the study of conscious and unconscious phenomena, as well as feeling and thought. It is an academic discipline of immense scope. Psychologists assess, diagnose, and treat the psychological problems and behavioral dysfunctions resulting from, or related to, physical and mental health. In addition, they play a major role in the promotion of healthy behavior, preventing diseases, and improving patients' quality of life.

#### **Learn More about Dr. Gerilyn Worthy-Thayer:**

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/82740130-Gerilyn-Worthy-Psychologist> or through Mandala Family Wellness, <https://mandalafamilywellness.com/team/gerilyn-worthy/>

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Source : Gerilyn Worthy-Thayer, Ph.D.

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