

Heather Leahy Hecht, PsyD, a Psychologist with Resolve Psychological Services

Get to know Psychologist Dr. Heather Leahy Hecht, who serves patients in Arlington, Virginia.



New York City, New York Aug 23, 2022 ([Issuewire.com](https://www.issuewire.com)) - Dr. Hecht is a licensed clinical psychologist and the owner of Resolve Psychological Services in Rosslyn in Arlington, Virginia. She is dedicated to providing the highest level of care to the people she serves, and brings a warm approach to clinical care, providing a safe environment for growth and healing.

Offering services for people of all ages, she is well-trained in a wide range of clinical issues, including depression, anxiety, trauma, PTSD, OCD, panic disorder, eating disorders, relationship concerns, couples issues, LGBTQQIAAP concerns, grief, professional distress, and identity issues.

With a broad educational background, Dr. Hecht earned her Doctor of Clinical Psychology degree from the American School of Professional Psychology at Argosy University. She brings an integrated and evidence-based approach to care, utilizing Cognitive-Behavioral, Psychodynamic, and Family Systems techniques.

In her clinical role, she has a specialty in the treatment of eating disorders and body image distress, treating conditions such as anorexia, binge eating disorder, bulimia, chronic dieting, and body dysmorphia.

Moreover, Dr. Hecht has a special area of interest in the treatment of relationship issues. She offers treatment for single people who are struggling to navigate and sustain relationships as well as for couples having trouble getting out of dysfunctional relationship patterns. She utilizes Emotionally-Focused Couples Therapy and is a Certified Gottman couples therapist, using interventions from both approaches to increase emotional intimacy and promote deep connectivity for couples.

Finally, she specializes in the treatment of children, helping them overcome childhood depression, anxiety, and defiance by using a family-oriented and developmentally appropriate approach to care. She also offers Play Therapy as well as Trauma-Focused CBT for children who have experienced traumatic events.

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. Heather Leahy Hecht:

Through FindATopDoc.com, <https://www.findatopdoc.com/doctor/82629977-Heather-Hecht-Psychologist>, or through Resolve Psychological Services, <https://www.resolvepsychologicalservices.com/dr-heather-leahy-hecht>

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