

Jacqueline Talesnick, Psy.D, a Psychologist with Rowan Center for Behavioral Medicine

Get to know Psychologist Dr. Jacqueline Talesnick, who serves patients in Burbank, California.



New York City, New York Aug 9, 2022 ([Issuewire.com](https://www.issuewire.com)) - Dr. Talesnick is a licensed psychologist tending to patients at the Rowan Center for Behavioral Medicine in Burbank, California. Trained in both cognitive-behavioral and psychodynamic therapeutic approaches, she considers herself to be an integrative therapist, pulling from different methodologies and theories to tailor treatment to each individual with whom she works. She enjoys working interpersonally and collaboratively, taking into account such factors as the therapeutic relationship, as well as individual history, subjective experiences, and family/cultural dynamics.

Offering psychotherapy services to adult populations in individual and couples modalities, she specializes in working with individuals in the LGBTQ community. Her other specialties include treatment of relationship difficulties, trauma, depression, and anxiety. She often works with people who identify feeling stuck, lost, alone, misunderstood, angry, frustrated, and sad. She believes in the importance of seeking balance and optimal functioning in the areas of work, intimacy, friendship, and sense of self.

With a broad educational background, Dr. Talesnick received her Master's degree and Doctor of a Psychology degree at Long Island University at C.W. Post in New York and completed her American Psychological Association (APA) accredited internship at the Counseling Center at Stony Brook University. She has worked in an outpatient substance abuse facility, community mental health clinic, Veterans Affairs Medical Center, university counseling centers, and inpatient psychiatric and forensic hospitals (both for children and adults).

Maintaining membership status, she is a proud member of the Psi Chi National Honor Society of Psychology, the Sigma Beta Honor Society, and the National Society of Collegiate Scholars.

In her clinical role, Dr. Talesnick believes that enhancing one's self-awareness and developing new skills to cope with life's myriad of stressors may help in leading a more satisfying, authentic, and productive life. She also believes that change, insight, and increased happiness are achievable. Through a process of side-by-side collaboration in therapy, patients may begin to identify significant obstacles and patterns, discover the underlying causes of their difficulties, and develop new, healthier ways of responding to situations.

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. Jacqueline Talesnick:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/84949618-Jacqueline-Talesnick-Psychologist>, or through Rowan Center for Behavioral Medicine, <https://www.rowancenterla.com/jacqueline-theses>

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Source : Jacqueline Talesnick, Psy.D

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