

Stella Cruz-Rodriguez, PsyD, CCTP-II, Psychologist

Get to know Psychologist Dr. Stella Cruz-Rodriguez, who serves patients in Smyrna, Georgia.



New York City, New York Sep 7, 2022 ([Issuewire.com](https://www.issuewire.com)) - Dr. Cruz-Rodriguez is a clinical psychologist and a Certified Clinical Trauma Professional currently working with patients in Smyrna and the surrounding Georgia areas. As such, she has experience and training in multiple approaches to help patients overcome negative, traumatic, stressful, and challenging experiences. She also has experience in completing assessments for folks who are in the process of requesting bariatric surgery and need support for their continuity of care and healthier lifestyle.

“Talking with a therapist who is also a stranger can be quite scary. However, allowing yourself to practice self-care can also be rewarding. I invite you to embark on this path together to start your healing process” expressed the doctor.

About her educational pursuits, Dr. Cruz-Rodriguez graduated with her Doctor of Psychology degree from Ponce Health Sciences University in Puerto Rico in 2019. During her years of training and practice, she realized that many mental health issues are rooted in past negative or traumatic experiences. The symptoms of depression, anxiety, substance use, relationship issues, and others can be the tip of the iceberg.

As a result, she decided to specialize in working with trauma, PTSD, dual diagnoses, and other related issues. By practicing an integrative approach, she mainly focuses on tailoring interventions to each participant's needs, helping them understand why they are experiencing distress, and developing strategies to manage it.

Remaining up to date in her field, Dr. Cruz-Rodriguez is an active member of the American Psychological Association (APA). The APA is a scientific and professional organization that represents psychologists in the United States.

Psychology is the science of behavior and 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.

On a more personal note, Dr. Cruz-Rodriguez offers services to both English and Spanish speakers.

Learn More about Dr. Stella Cruz-Rodriguez:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/82738660-Stella-Cruz-Rodriguez-Psychologist>

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