

Jenny Starosta, PhD, a Psychologist with Need to Evolve, PC

Get to know Psychologist Dr. Jenny Starosta, who serves patients in Philadelphia, Pennsylvania.



New York City, New York Feb 6, 2023 ([Issuewire.com](https://www.issuewire.com)) - Dr. Starosta is a licensed clinical psychologist with a specialty in working with maternal mental health; addressing challenges from pre-conception, through pregnancy and birth, to being the best mother you can be to children, adolescents, and families.

The Founder of Need to Evolve, PC, understands and empathizes with the challenges, worries, and frustrations that families have, whether they stem from mental health concerns in the parent or child, behavioral issues, or special needs. She also offers valuable support, without judgment, on life transitions, non-traditional relationships, and navigating identity issues.

“If you had an easy problem, you would have figured it out already. Family problems are not easy, and no person is an expert at everything. There is no need for you to have to figure it out on your own” expressed Dr. Starosta.

Educated in the United States, she graduated with her bachelor’s degree in Psychology from VA Tech in 1992. She then went on to earn her Doctor of Philosophy degree in Clinical Psychology from Temple University in 1999.

Having worked with parents and children since 1998, Dr. Starosta has years of experience in medical, psychiatric, educational, and special needs settings. She opened Need to Evolve, PC in November of 2004, helping clients become better at being in control of their health and their emotional well-being, especially when it comes to their family.

Action-oriented, she has concrete advice and tools to share with each patient, but she also listens to them and strives to understand what they bring to the table. While she has the expertise, she also has a light-hearted and sincere approach.

“We will work together to set goals, celebrate progress, and rise from setbacks. There is great value in working towards a goal, not just achieving it, and I am a warm, genuine, and safe person to share this with you or your family member” stated Dr. Starosta.

On a professional level, she is an active member of the American Psychological Association.

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.

Learn More about Dr. Jenny Starosta:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/247672-Jenny-Starosta-psychologist-Philadelphia-PA-19118>, or through Need to Evolve, PC, <https://needtoevolve.com/about/>

FindaTopDoc is a digital health information company that helps connect patients with local physicians and specialists who accept your insurance. Our goal is to help guide you on your journey toward optimal health by providing you with the know-how to make informed decisions for you and your family.

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