

Joe Raphael, DrPH, MBA, LMFT, FACLM, a Licensed Psychotherapist, Coach, Advisor, and Consultant in Private Practice

Get to know Dr. Joe Raphael, who serves patients throughout the State of California.



New York City, New York Mar 7, 2023 ([IssueWire.com](https://www.issuewire.com)) - Dr. Raphael is a licensed marriage and family therapist, an integrative lifestyle medicine specialist, a certified health education specialist, a board-certified holistic alternative psychology master, and Lifestyle Medicine Fellow. He tends to lifestyle changes for individuals, couples, families, groups & corporations at his private practice in California.

He understands that life gets in the way, presenting difficulties in initiating as well as adhering to a healthy lifestyle. He is an authority in lifestyle medical services integrating nutrition, weight management, fitness, behavioral change, stress reduction, and chronic disease prevention.

Utilizing positive psychology, cognitive behavioral, mind/body, and solution-focused orientations, Dr. Raphael provides support and practical feedback to help clients believe that they can address their challenges. He also integrates a highly personalized approach tailored to each client.

He created 'Dr. Joe on Call' is a comprehensive set of medical lifestyle services advocating that lifestyle as medicine is a tool for prevention. He is available to individuals, couples, groups, and families. He also consults with executives, celebrities, corporations, and professional organizations nationwide. He is available to consult, advise, assess, or coach.

"I offer one-on-one, couples, and family sessions, and work with a wide range of emotional and behavioral issues, providing services that span from therapy for depression and grief to parenting support, couples counseling, and beyond. In the session, you'll enjoy a safe, supportive space where you can feel comfortable and free to be yourself. I'm committed to providing a trustworthy environment so you can receive the maximum benefits from your treatment. If you decide that my counseling style or approach is not the best fit for you, I will gladly guide you toward a better option for your individual needs" stated Dr. Raphael.

His goal is to educate, equip, and empower each individual with the tools and resources they need in order to uncover their true potential and lead a life worth celebrating. He wants them to reach a point where they know exactly how to overcome the struggles they face and achieve the goals they desire for their life. His hope is for each individual to gain a deeper sense of purpose as they turn the page to the next chapter and move forward with confidence to face whatever life brings.

In regards to his educational background, Dr. Raphael received his Master of Arts degree in Clinical Psychology at Pepperdine University and went on to be licensed as a Marriage and Family Therapist. He was trained at Loma Linda University where he earned a DrPH Doctorate in Clinical Preventive Care and a Master of Business Administration degree. He also completed postdoctoral studies in neuropsychology and crisis resolution.

Prior to opening his own private practice, he spent fifteen years as a consultant and executive. He currently works alongside rheumatologists, neurologists, oncologists, gastroenterologists, cardiologists, psychiatrists, ear, nose, and throat specialists, OB-GYN, and plastic surgeons.

Among his professional affiliations, Dr. Raphael is an active participant with the American College of Lifestyle Medicine, the American College of Sports Medicine, the American Psychological Association,

the American College of Healthcare Executives, the American Hospital Association, and the California Association of Marriage and Family Therapists.

Throughout his line of work, Dr. Raphael has lectured at medical conferences, church groups, corporations, and professional organizations. He has also been featured on ABC, ESPN, FORBES, and KTLA-5, as well as has contributed articles to UPENN Wharton School of Business and the American College of Lifestyle Medicine.

His passion is discussing the integration of nutrition, exercise, behavior change, and prevention towards sustainable change.

Outside of the office, Dr. Raphael enjoys lifting weights, exercising, playing tennis, cycling, mountain biking, going to the beach, being in the ocean, as well as spending time with family and friends. He also enjoys learning and experiencing new things.

Learn More about Dr. Joe Raphael:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/83633200-Joe-Raphael-Preventative-Medicine-Specialist>, through his website, <https://www.drjoeoncall.com/AboutMe.en.html>, through Irvine Christian Counseling, <https://irvinechristiancounseling.com/counselor/dr-joe-raphael-drph-mba-lmft/> or through San Diego Christian Counseling, <https://sandiegochristiancounseling.com/counselor/dr-joe-raphael-drph-mba-lmft/#tab-id-2>

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Source : Joe Raphael, DrPH, MBA, LMFT, FACLM

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