

Namhee Stokvis, PsyD, a Psychologist with Mindful Journey

Get to know Psychologist Dr. Namhee Stokvis, who serves patients throughout the states of New Jersey and New York.



New York City, New York Mar 8, 2023 ([Issuewire.com](https://www.issuewire.com)) - Tending to individuals, couples, families, and groups, Dr. Stokvis is a licensed clinical psychologist who serves all areas in New Jersey and New York via telehealth/virtual therapy. She also offers in-person sessions at her private practice, Mindful Journey, located in Princeton, New Jersey.

Efficient, proficient, and flexible with her clients, Dr. Stokvis specializes in services that infused Buddhism philosophy and methods (such as mindfulness and dialectical thinking) into traditional therapy. The target of treatment includes anxiety, anger, depression, trauma, relationship issues, self-esteem, personality, parenting, self-exploration, couple, family, learning disabilities, and life issues in general.

Some of the treatment methods that she uses include dialectical behavioral therapy, cognitive behavioral therapy, psychoanalytic or psychodynamic psychotherapy, behavioral strategies, structuralism, mindfulness-based cognitive therapy, manual-based treatment, and the Humanitarian approach.

With a broad educational background, Dr. Stokvis graduated with her Bachelor of Arts degree from The Catholic University of Korea. She then relocated to the United States, graduating with her Master of Arts degree from The City College of New York. From there, she went on to earn both her Master of Psychology and Doctor of Psychology degrees from Rutgers University.

An active member of the American Psychological Association, her areas of research include Buddhism and psychology, diversity, and integration of psychotherapy.

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. Stokvis is fluent in English and Korean.

Learn More about Dr. Namhee Stokvis:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/85018108-Namhee-Stokvis-Psychologist> or through Mindful Journey, <https://mindfuljourney.me/about>

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