

Get to know Divorce and Trauma Recovery Coach Dr. Monica Borschel, who serves patients in California.



New York City, New York Jan 2, 2024 ([IssueWire.com](https://www.issuewire.com)) - Dr. Borschel provides online coaching to patients in California as a Trauma and Divorce Recovery Coach. Specializing in attachment, trauma, and loss, she has a wealth of experience aiding individuals across various age groups and family structures. Her expertise extends to addressing a spectrum of challenges, including anxiety, trauma, abuse, divorce, separation, grief, and financial loss. Her focus often involves navigating complex issues such as custody disputes, ensuring children's best interests, and fostering improved communication and relationships between parents and their children.

Employing a comprehensive approach to coaching, she integrates attachment theory and Brainspotting. This powerful combination empowers her clients to confront and overcome issues such as anxiety, trauma, neglect, emotional and physical abuse, as well as child abuse.

As an attachment specialist, Dr. Borschel also assists individuals in understanding and addressing detrimental relationship patterns that hinder the development of healthy connections. Her coaching has been instrumental in reducing symptoms of anxiety, insomnia, and depression while promoting enhanced confidence and self-esteem.

Originating from Salt Lake City, Utah, she earned her Bachelor of Science degree in Psychology at The University of Utah. She pursued her Master's in Clinical Psychology at Columbia University in New York City. Later, she completed her PhD in Social Work and Social Administration at the University of Hong Kong. During her time in Hong Kong, she worked as a practicing clinical psychologist.

Currently residing in California, Dr. Borschel is furthering her education by pursuing a Doctorate in Psychology (PsyD) at California Southern University. Her extensive training includes certifications in Brainspotting and High Conflict Coaching.

Continuously advancing her efforts, she is a Registered Clinical Psychologist with The Hong Kong Society of Counseling and Psychology and, an active member of the American Psychological Association, the British Psychological Society, and a Chartered Psychologist in the UK through the BPS. Additionally, she is a member of the Hong Kong Family Law Association and the Association of Family and Conciliation Courts.

Learn More about Dr. Monica Borschel:

Through FindATopDoc.com, <https://www.findatopdoc.com/doctor/85020106-Monica-Borschel-Psychologist> or through her website, <https://doctormonicaborschel.com/about-dr-borschel/>

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Source : Monica Borschel, PhD

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