

Brandy Banks, Psy.D., a Licensed Clinical Psychologist with Deep Eddy Therapy

Get to know Licensed Clinical Psychologist Dr. Brandy Banks, who serves patients in Austin, Texas.



New York City, New York Mar 11, 2024 ([Issuewire.com](https://www.issuewire.com)) - Dr. Banks is a licensed clinical

psychologist at Deep Eddy Therapy, operating out of the 38th Street Office in Austin, Texas. She prioritizes creating a safe and inclusive space for her clients, employing cognitive-behavioral therapy (CBT) and mindfulness-based approaches to navigate life's challenges.

Her expertise encompasses a wide range of issues, including self-esteem, relationship dynamics, addiction, anger management, anxiety, coping strategies, depression, family conflict, grief, sexual abuse, substance abuse, stress, trauma, PTSD, and women's issues.

Growing up in the African American community, Dr. Banks witnessed the stigma and reluctance this community had when it came to mental health, and she wanted to change their views. She received her Doctor of Psychology Degree from The Chicago School of Professional Psychology in Los Angeles, driven by a commitment to serve underserved communities and advocate for their mental health needs.

Throughout her line of work, Dr. Banks has worked with adolescents, adults, seniors, and the LGBTQ community. She has experience working with clients in private practice, inpatient facilities, and forensic settings, providing comprehensive care and tailored interventions to address a diverse range of mental health needs.

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. Brandy Banks:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/85020764-Brandy-Banks-Counselor-Therapist> or through Deep Eddy Therapy, <https://deepeddypsychotherapy.com/about/our-therapists/brandy-banks-psyd/>

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