

Mary Tagle, Psy.D., a Licensed Clinical Psychologist with Thriveworks Counseling & Psychiatry La Habra

Get to know Licensed Clinical Psychologist Dr. Mary Tagle, who serves patients in La Habra, California.



New York City, New York Mar 11, 2024 ([Issuewire.com](https://www.issuewire.com)) - Completing her Doctorate in Clinical Psychology at the American School of Professional Psychology, Dr. Tagle is a licensed clinical psychologist with over a decade of experience in the mental health field.

At Thriveworks Counseling & Psychiatry La Habra, she is passionate about helping children, adolescents, adults, and older adults address their unique challenges and live more fulfilled lives. Dr. Tagle specializes in depression, anxiety, grief, trauma, grief, and major life transitions. She utilizes multiple treatment approaches, including mindfulness, cognitive behavioral therapy (CBT), dialectical behavioral therapy (DBT), acceptance and commitment therapy (ACT), and child trauma-focused cognitive behavioral therapy (TF-CBT).

“In my approach to providing therapy, it is my goal to create a supportive and empowering space for my clients. I strongly value fostering self-exploration, emotional growth, and unconditional self-acceptance and self-worth.”

Dr. Tagle chose to become a counselor because it is her passion to support others by genuinely listening to their struggles and empathizing with them. She particularly works best with clients who are motivated by change and resilience-building. It is important to her that they understand the value she places on positivity and seeing life as an adventure.

Resilience, self-compassion, self-acceptance, and perseverance inspire her. In their first session, clients can expect to feel deeply listened to, and Dr. Tagle aims to understand their treatment goals. Before scheduling a session, clients should know that she prioritizes compassion, empathy, and collaborative goal-setting to instill hope in their work together.

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.

In her personal life, Dr. Tagle enjoys spending time with her family, doing self-care meditating, and being in nature. Adventure seekers love to travel.

Learn More about Dr. Mary Tagle:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/85020612-Mary-Tagle-Psychologist> or through Thriveworks, <https://thriveworks.com/therapist/ca/mary-tagle>

About FindaTopDoc.com

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.

Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

Source : Mary Tagle, Psy.D.

[See on IssueWire](#)