

James F. Colasurdo, Psy.D., Award-Winning Clinical Psychologist, Shines Light on Mindfulness in Psychotherapy

Empowering Clients to Embrace Positive Change and Lead Fulfilling Lives



New York City, New York May 21, 2024 ([IssueWire.com](https://www.issuewire.com)) - Dr. Colasurdo, a distinguished New York State licensed clinical psychologist with over two decades of experience, is making waves in the field of psychology with his unique approach to promoting positive behavioral change.

Specializing in psychology for men, he recently earned a certificate in Mindful Based Stress Reduction training, further solidifying his commitment to holistic and effective therapy. His approach combines mindfulness techniques with cognitive behavioral therapy and occasional psychoanalytic insights, offering a personalized and effective treatment plan for a diverse range of psychological challenges. From relationship issues to social media addiction, his expertise extends to addressing financial stress, anger management, and excessive anxiety.

Additionally, Dr. Colasurdo is well-versed in psychedelic informed psychotherapy, providing a unique perspective on mental health treatment. His practice welcomes individuals navigating various stages of life, from those facing profound losses to individuals seeking a more mindful and purposeful existence.

With a 2003 graduation from Yeshiva University/Ferkauf Graduate School, his practice is rooted in a deep sense of empathy and a drive for impactful results. His philosophy centers on providing meaningful psychotherapy to individuals seeking genuine transformation and behavioral growth.

"I believe in addressing issues swiftly and clearly, recognizing the value of time in therapy. By integrating principles of Buddhism and mindfulness into my practice, I strive to create a space for clients to explore the present moment and navigate the complexities of modern life," Dr. Colasurdo explains.

Recognized for his outstanding contributions to clinical psychology, Dr. Colasurdo has been honored with a Lifetime Achievement Award from Who's Who in Clinical Psychology.

Learn More about Dr. James F. Colasurdo:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/3629592-James-Colasurdo-Psychologist> or through his website, <https://hereandnowtherapy.com/>

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Source : James F. Colasurdo, Psy.D

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