

Ingrid Deller, PsyD: A Compassionate Multilingual Clinical Psychologist

Supporting Individuals Through Their Mental Health Journeys



New York City, New York Jun 14, 2024 ([Issuewire.com](https://www.issuewire.com)) - Dr. Deller, a multilingual clinical psychologist based in Boston, Massachusetts, specializes in addressing a wide range of emotional, behavioral, and adjustment difficulties. As the founder of Nlightened Psychology, she has dedicated her career to helping individuals navigate through their mental health struggles with compassion and understanding. Her expertise includes anxiety, depression, ADHD, trauma, interpersonal challenges, gender/identity issues, life transitions, social justice, and immigrant issues.

Educated in the United States, she obtained a master's degree in Forensic Counseling Psychology and a doctorate in Clinical Psychology from William James College. Her passion for helping others led her to pursue a pre-doctoral training at South Florida State Hospital, where she further honed her clinical skills and expertise in providing mental health support to individuals from diverse backgrounds. Her journey towards excellence includes invaluable internships at correctional facilities, schools, community health centers, and psychiatric hospitals.

On a professional level, Dr. Deller is an active member of the Massachusetts Psychological Association, the American Psychological Association, and the Society for the Psychological Study of Culture, Ethnicity, and Race (APA's Division 45), among others.

Guided by Terence's 185 BC quote, "I am human, and let nothing human be alien to me," Dr. Deller approaches therapy with a deep sense of empathy and openness. She believes in meeting her clients where they are on their journey to healing and recovery, tailoring her therapeutic approach to suit their individual needs. Her therapy sessions are collaborative, educational, and empower clients to have autonomy over their care while integrating a range of evidence-based practices such as psychoanalytic techniques, interpersonal therapy, client-centered care, and cognitive behavioral therapy.

Outside of her professional endeavors, she enjoys immersing herself in various hobbies and activities. She finds solace in reading, staying active through exercise, and cherishing moments spent with her loved ones.

Learn More about Dr. Ingrid Deller:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/81707834-Ingrid-Deller-Psychologist> or through NLightened Psychology, <https://www.nlightenedpsychology.com/>

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