

Brendan Guarino, PsyD and Keystone Psychotherapy, LLC: Building Resilience Through Compassionate Care

Supporting Mental Health and Personal Growth



New York City, New York Aug 19, 2024 ([IssueWire.com](https://www.issuewire.com)) - A prominent psychologist, Dr. Guarino founded Keystone Psychotherapy, LLC in 2024, a practice dedicated to fostering mental and emotional well-being in individuals seeking personal growth and resilience. The term "Keystone" symbolizes the essential element in an arch, representing the pivotal role that mental health plays in supporting a fulfilling life. He is committed to being that supportive keystone, providing a solid foundation for clients on their journey toward self-discovery and well-being.

Bringing a wealth of expertise to his practice, he holds a doctorate in counseling psychology from Felician University, where he also serves as an Assistant Professor of Psychology. His extensive clinical experience includes pre-doctoral training at Hackensack University Medical Center and a comprehensive pre and post-doctoral internship at the Center for Anxiety in New York. With a focus on anxiety and trauma-related disorders, he specializes in supporting first responders and athletes facing complex challenges, including stress management, life transitions, and identity recovery.

Believing in the transformative power of the therapeutic relationship, Dr. Guarino employs a client-centered approach that emphasizes collaboration. He tailors interventions to meet the specific needs of each individual, utilizing evidence-based modalities such as Dialectical Behavior Therapy (DBT),

Cognitive Behavioral Therapy (CBT), Prolonged Exposure (PE), and Exposure and Response Prevention (ERP). His goal is to assist clients in building resilience, gaining insight, and fostering positive change in their lives.

In addition to his clinical practice, he has recently taken on the role of Director of The First Responder Track at Baker Street Behavioral Health, furthering his commitment to supporting those who serve our communities.

Whether clients are grappling with anxiety, depression, relationship issues, or seeking personal development, Dr. Guarino is passionate about empowering individuals to overcome challenges and achieve their goals. He is dedicated to creating a safe and confidential environment where clients can explore their thoughts and emotions openly.

On a more personal note, Dr. Guarino attributes his success to the influence of his dedicated colleagues, whose passion and commitment inspire him to continuously improve. Outside of his professional life, he enjoys practicing Jiu-Jitsu and wrestling, activities that reflect his belief in resilience and personal growth.

Learn More about Dr. Brendan Guarino:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/85021827-Brendan-Guarino-Psychologist> or through Keystone Psychotherapy, LLC, <https://www.keystonepsychotherapy.net/about>

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