

Nicole Issa, PsyD: Providing Compassionate and Inclusive Therapy for Individuals Across the Northeast

Helping You Achieve Work-Life Balance, Build Healthy Habits, and Rediscover Fulfillment with Evidence-Based Interventions



New York City, New York Aug 13, 2024 ([Issuewire.com](https://www.issuewire.com)) - Dr. Nicole Issa, PsyD, is a licensed clinical psychologist with 16 years of extensive training and experience. She is the Founder of the Center for Dynamic and Behavioral Therapy and PVD Psychological Associates and maintains practices in both New York City and Rhode Island.

Dr. Issa is licensed to practice in Rhode Island, New York, and Massachusetts, and she offers convenient online therapy sessions for clients in all three states. In addition, she has the authority to practice via telehealth in all PSYPACT states, as well as offers supervision and consultation to psychology trainees.

With a commitment to fostering a supportive therapeutic environment, Dr. Issa specializes in individual therapy for older adolescents, college students, and adults. Her unique approach integrates psychodynamic therapy and third wave cognitive behavioral therapies such as dialectical behavior therapy (DBT) acceptance and commitment therapy (ACT), to address a variety of mental health challenges. Key areas of focus include anxiety, burnout, depression, perinatal mental health, college student mental health, and support for LGBTQIA-identified individuals.

In addition to her therapy practice, Dr. Issa offers executive coaching for leaders in high-powered corporate settings, helping them navigate issues such as work-life balance, imposter syndrome, perfectionism, and burnout. Her holistic approach to mental health empowers clients to thrive both personally and professionally.

Dr. Issa earned her Doctor of Psychology (PsyD) Degree from William James College (formerly known as Massachusetts School of Professional Psychology) and has undergone significant training in a variety of clinical settings including Worcester State Hospital and Connecticut College. After gaining valuable experience in the greater Boston area and co-founding a group practice there, she founded the Center for Dynamic and Behavioral Therapy and PVD Psychological Associates.

In addition to her clinical practice, Dr. Issa is deeply committed to social justice and advocacy. As Treasurer of the Rhode Island Psychological Association (RIPA) she actively contributes to initiatives that promote mental health awareness and equality. Her previous role on the American Psychological Association's Policy and Advocacy Committee via Division 44, The Society for the Psychological Study of Lesbian, Gay, Bisexual, and Transgender issues, highlights her dedication to LGBTQIA issues and public policy reform.

Lastly, from 2012-2016, Dr. Issa served as Co-Chair of the Massachusetts Disaster Response Network, where she provided Psychological First Aid following the Boston Marathon Bombings. Her experience working alongside local emergency teams and relief organizations emphasizes her commitment to community support in times of crisis.

Dr. Issa believes in the power of the therapeutic relationship as a collaborative and egalitarian process. She values the growth and change that occurs for both therapist and client, ensuring that each therapeutic journey is tailored to the unique needs of the individual.

Learn More about Dr. Nicole Issa:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/82181665-Nicole-Issa-Psychologist> or through PVD Psychological Associates, <https://pvdpsych.com/nicole-issa-psyd/>

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