

Elena Rivera, PsyD, LBA, LP, C-DBT, BCBC: Personalized Psychological Support Tailored to Individual Needs

Innovative Comprehensive Evaluations and Therapy Modalities Offered by Licensed Psychologist and Behavior Analyst



New York City, New York Sep 24, 2024 ([Issuewire.com](https://www.issuewire.com)) - Proud owner of Holistic Behavioral and Psychological Services, Dr. Elena Rivera, a licensed psychologist and behavior analyst, is dedicated to providing comprehensive psychological evaluation services. Her services include assessments for attention/deficit hyperactivity disorder, learning disabilities, autism, dyslexia, oppositional defiant disorder, and other mental health disorders. The comprehensive evaluations are essential in understanding individuals' abilities and needs, facilitating informed education and treatment planning.

She brings a wealth of experience across academic and community settings, where she has successfully assisted numerous clients in developing self-awareness and enhancing their social and adaptive functioning. Her deep understanding of the importance of flexibility in therapy allows her to offer sessions both in her office and via telemedicine, ensuring that clients receive the support they need in the manner that best suits their circumstances.

Collaboration is at the heart of Dr. Rivera's practice. By working closely with other specialists and educational partners, she can provide comprehensive support that spans various environments, further enhancing the effectiveness of her services. Dr. Rivera believes that every member of the team plays a

crucial role in the therapeutic process, fostering a holistic approach to mental health.

In addition to psychological evaluation services, she offers tailored therapeutic interventions that meet the unique needs of each client. With a versatile approach that includes cognitive behavioral therapy, dialectical behavioral therapy, and applied behavior analysis, she is committed to ensuring the best possible outcomes for her patients.

Furthermore, Dr. Rivera specialized parenting training utilizing ABA strategies for children ages 4-17. This program not only equips parents with the tools needed to promote success in their homes and communities but also enhances communication and interpersonal relationships within families. Dr. Rivera's extensive experience working with individuals and their support systems underscores her unwavering commitment to comprehensive support.

On a more personal note, she attributes her success to her passion for fostering healthy childhood experiences and her desire to create a better world for future generations. Outside of her professional commitments, she enjoys hiking and practicing yoga, often finding inspiration in the beauty of the Caribbean islands during her vacations.

Learn More about Dr. Elena Rivera:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/83090812-Elena-Rivera-Behavioral-Analyst> or through Holistic Behavioral and Psychological Services, <https://hbps.care/our-team>

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