

Transforming Lives in Boston: Cricket Braun, PsyD Braun Brings Compassionate Psychotherapy to the Community

Unlocking Emotional Well-Being: Dr. Braun's Personalized Approach to Psychotherapy



New York City, New York Oct 3, 2024 ([Issuewire.com](https://www.issuewire.com)) - A dedicated clinical psychologist, Dr. Braun works with patients at her private practice, Braun Psychotherapy, located in the heart of Boston, Massachusetts. Dr. Braun's consideration of her patients' needs, personalities, and levels of functioning allows her to personalize and optimize treatment. Her collaborative style, and ability to establish a safe and positive therapeutic connection, allow patients to examine and address problematic behaviors,

improve self-esteem, and resolve traumatic relationships and impressions.

Drawing primarily from the relational psychodynamic model, Dr. Braun believes that emotional health is necessary in order to experience fulfilling relationships. Since she believes that emotional distress often stems from unresolved past relational experiences, she tends to prioritize working through these issues with her patients.

Dr. Braun earned her Psy.D. in Clinical Psychology from Antioch University New England, complemented by a Master of Science in Clinical Psychology and a diverse educational background that includes environmental studies and ornithology. She is an active member of several professional organizations, including the American Psychological Association, the Massachusetts Psychological Association, the American Group Psychotherapy Association, the Vermont Psychological Association, the International Association of Trauma Professionals, and the EMDR International Association.

In addition to providing individual therapy, Dr. Braun supervises both licensed clinicians as well as those working toward licensure. For Dr. Braun, witnessing and supporting others on their professional journey is deeply fulfilling and an important part of her ongoing professional growth.

Dr. Braun's warm and empathetic demeanor, coupled with her occasional use of humor, makes the intense process of therapy a little easier. "Therapy often is a pretty serious thing, but that doesn't mean a little laughter or fun is off-limits," Dr. Braun explains. "Sometimes keeping things light allows a person to relax, feel understood, and can help build trust."

When Dr. Braun is not in session, she enjoys birding, knitting, playing backgammon, and spending quality time with her family and dogs in her favorite place, Vermont.

Learn More about Dr. Cricket Braun:

Through her findatopdoc profile,
<https://www.findatopdoc.com/doctor/85021912-Cricket-Braun-Psychologist>

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Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

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