

Introducing Priyanka Upadhyaya, Psy.D: Licensed Clinical Psychologist at Thrive Wellness and Mediation

From Striving to Thriving: Empowering Lives Through Psychotherapy, Coaching, and Support in Challenging Times



New York City, New York Dec 17, 2024 ([Issuewire.com](https://www.Issuewire.com)) - Priyanka Upadhyaya, Psy.D., a licensed clinical psychologist in New Jersey and New York State, is on a mission to help individuals, couples,

and families navigate life's complexities and emerge stronger. Operating out of Thrive Wellness & Mediation in Livingston, New Jersey, Dr. Upadhyaya provides personalized psychotherapy, coaching, and couples therapy, offering both in-office and virtual services to accommodate the diverse needs of her clients.

At Thrive Wellness & Mediation, Dr. Upadhyaya welcomes clients seeking guidance through various challenges, including mental health issues, relationship dynamics, and life transitions. With a Doctor of Psychology Degree from the Graduate School of Applied and Professional Psychology at Rutgers University, Dr. Upadhyaya integrates evidence-based treatments such as Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Attachment-Based Therapy, psychodynamic approach, and mindfulness techniques, with holistic approaches that focus on the mind-body connection.

“Through our work, you'll be able to shift perspectives, embrace your emotions, and make grounded and empowered choices aligned with your vision of fulfillment. My style is interactive and skills-focused,” says Dr. Upadhyaya. “I combine proven therapeutic techniques with holistic mind-body healing practices to help you create the life you truly desire.”

Dr. Upadhyaya specializes in a wide array of therapeutic areas, from helping clients cope with anxiety and depression to addressing relationship challenges and the aftermath of infidelity. Her expertise extends to supporting individuals experiencing professional burnout, trauma recovery, and the complexities of separation and divorce. Additionally, Dr. Upadhyaya provides guidance for finding balance through yoga and meditation practices, understanding the significance of nutrition, and addressing the multifaceted aspects of parenting. Her commitment extends to the unique needs of perinatal and postpartum mothers, ensuring they receive tailored resources for their unique needs.

“Both from personal and professional experience I know how therapy can be a space, rich with opportunities for healing, self-discovery, expression, and personal growth. Trying it with the right person can be one of the most valuable investments in yourself, your relationships, health, and your loved ones,” Dr. Upadhyaya emphasizes. “In our work together, you and I will be partners; the kind of team that can help you create a version of yourself and life that is meaningful, purpose-driven, and aligned with your capabilities.”

Learn More about Dr. Priyanka Upadhyaya:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/401999-Priyanka-Upadhyaya-Psychologist> or through Thrive Wellness & Mediation, <https://www.thrivewm.net/meet-our-team/>

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Source : Priyanka Upadhyaya, Psy.D

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