

Diana Medina, PhD: Empowering Professionals to Thrive Through Personalized Mental Health

Redefining Wellness for High-Achieving Lives at Elevate Psychology in Scottsdale, Arizona



New York City, New York Apr 15, 2025 ([Issuewire.com](https://www.issuewire.com)) - In a world where the demands of professional and personal life can often feel overwhelming, Dr. Diana Medina, a licensed psychologist

and owner of Elevate Psychology, LLC, is making strides in mental health support for busy professionals. Located in Scottsdale, Arizona, Elevate Psychology offers both in-person and virtual therapy sessions, providing confidential, personalized mental health services designed to help clients regain balance, effectiveness, and peace of mind.

Dr. Medina understands the complexities of juggling high-pressure roles. With her extensive background as an engineer, C-suite executive, and regulatory board leader, alongside her experiences as a mother and caretaker, she brings a unique perspective to her practice. “I relate to the pressures that come with leadership roles and personal responsibilities,” says Dr. Medina. “My goal is to create a supportive environment where clients can explore their challenges and find effective strategies to thrive both personally and professionally.”

At Elevate Psychology, Dr. Medina employs evidence-based strategies tailored to the unique challenges faced by busy professionals. Her therapeutic orientation combines existential principles with cognitive behavioral therapy (CBT), focusing on helping individuals find meaning in their lives, which can guide them toward their goals. “Many clients come to therapy wanting change,” she explains. “I believe real change occurs when we confront the uncertainties that often accompany it.”

Dr. Medina specializes in a wide array of issues, including obsessive-compulsive disorder (OCD) and anxiety disorders, stress management, relationship dissatisfaction, gender identity issues (including assessments for surgery), and more. She offers services to adults aged 18 and older in both English and Spanish. Dr. Medina is licensed in the states of Arizona and Utah and holds an authorization to provide Interjurisdictional Telepsychology, allowing her to provide telehealth services to clients in 42 states. This accessibility is crucial for reaching diverse populations, including transgender and gender diverse individuals, as well as mental health professionals seeking consultation.

Central to Dr. Medina’s approach is the establishment of a strong therapeutic alliance with clients, creating a safe, non-judgmental and confidential space for exploration. “Therapy is about building trust,” she states. “Through this relationship, I can help clients navigate their challenges and facilitate meaningful change.” Clients benefit from Dr. Medina’s compassionate support and practical feedback, which empowers them to address personal obstacles while maintaining focus on the present.

Dr. Medina’s academic journey began at Purdue University, where she obtained a Bachelor of Science in Industrial Engineering, followed by a Master of Science in the same field. She then transitioned to education, earning a Master of Science in School Counseling. Her passion for human development led her to pursue a Ph.D. in Counseling Psychology from Arizona State University, culminating in a dissertation that reflects her commitment to helping students succeed in STEM fields.

With over a decade of experience as a psychologist and more than 20 years in counseling, Dr. Medina has significantly impacted her clients’ lives. She is trained in specialized therapeutic techniques, including Eye Movement Desensitization and Reprocessing (EMDR) and Accelerated Resolution Therapy (ART), which are designed to address trauma and negative thought patterns. Additionally, she is a Certified Clinical Anxiety Treatment Professional and a member of the International OCD Foundation.

Dr. Medina is dedicated to professional development, actively supporting fellow therapists through consultation and supervision. She offers a specialized course on writing effective referral letters for gender-affirming surgeries, equipping providers with essential skills to deliver affirming, competent care.

Her involvement in professional organizations underscores her commitment to inclusive mental health

care. Dr. Medina is a member of the Arizona Psychological Association, the American Psychological Association, the International OCD Foundation, and the World Professional Association for Transgender Health, among others. She is passionate about developing the next generation of competent psychologists and advancing the field of mental health. Dr. Medina actively engages in professional training and educational initiatives to support that mission.

In addition to her clinical practice, Dr. Medina holds several leadership positions, including Chief of Clinical Education at Copa Health and Vice Chair of the Arizona Board of Psychologist Examiners. Her leadership roles reflect her dedication to upholding professional standards and advancing psychological practice.

Dr. Medina was honored as one of the Women Achievers of Arizona in 2023 by the Arizona Capitol Times, a recognition that speaks to her outstanding impact in the fields of psychology, education, and leadership. She attributes her success to her direct and focused approach to addressing her clients' needs, always prioritizing personalized, strengths-based care. Dr. Medina also credits her diverse life experiences—including her past leadership roles, her former career in engineering, and her journey through motherhood and remarriage after divorce—as pivotal influences that have shaped her resilience, perspective, and commitment to helping others thrive. One quote that resonates with her is from Brené Brown: *"Life is hard. It's hard for everybody. But we're not meant to do it alone."* That idea continues to guide her work—whether supporting clients or mentoring future psychologists, she believes in showing up, being real, and creating spaces where people feel seen and supported.

Elevate Psychology, LLC is committed to providing the highest quality of mental health support to busy professionals. Through personalized, evidence-based strategies, Dr. Medina aims to help clients navigate the complexities of their lives while fostering resilience and personal growth.

Learn More about Dr. Diana Medina:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/3315563-Diana-Medina-Psychologist> or through her website, <https://elevatepsychologynow.com/>

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