

Empowering Mental Health with Darleen J. Gracia, Psy.D. at Crossing Bridges Psychology

Delivering Culturally Responsive and Affirming Mental Health Services to Individuals Across All Dimensions of Diversity



New York City, New York Apr 11, 2025 ([IssueWire.com](https://www.issuewire.com)) - Darleen J. Gracia, Psy.D., is a licensed psychologist dedicated to serving people of color and LGBTQ+ populations and providing trans-affirming mental health care at her practice, Crossing Bridges Psychology, in Branford, Connecticut. Driven by her passion for social justice and advocacy, Dr. Gracia aims to create a safe and inclusive space for individuals navigating complex life transitions and attachment challenges.

With over a decade of experience in university counseling and community health settings, Dr. Gracia combines her cultural understanding with contemporary therapeutic approaches. Her unique therapeutic framework integrates relational psychology with social justice principles, helping clients build secure attachments while honoring their diverse identities and experiences. "I believe in the power of authentic connection," says Dr. Gracia. "My goal is to help individuals challenge inherited narratives, explore their authentic selves, and build lives aligned with their evolving values."

Dr. Gracia holds a Bachelor of Arts Degree in Psychology and Sociology from the University of Connecticut, a Master's Degree in Counseling Psychology from Boston College, and a Doctorate in Psychology with a specialty in Latino Mental Health from Williams James College. Her extensive training includes an internship at Massachusetts General Hospital and a postdoctoral fellowship at Tufts University Counseling and Mental Health Service.

At Crossing Bridges Psychology, Dr. Gracia offers both virtual and in-person services, utilizing a combination of psychodynamic and relational-cultural theoretical approaches alongside evidence-based treatment modalities such as Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), Dialectical Behavioral Therapy (DBT), and Internal Family Systems (IFS). This adaptability allows her to tailor treatment goals and outcomes based on the specific needs of each client.

In addition to her individual therapy practice, Dr. Gracia is committed to providing education and training for professionals across various fields. She offers workshops and seminars focused on building knowledge, skills, and awareness around diversity issues, enhancing team cohesion, and promoting work-life balance. "I want to help organizations clarify their mission, vision, and values, creating transformative change at all levels," Dr. Gracia explains.

Honored as Excellence in Psychology 2025 by Best in CT Magazine for outstanding contributions to the field, Dr. Gracia is driven by her natural empathy and passion for helping others. "It is a privilege to hear people's stories and assist them in reshaping narratives that no longer serve them," she shares. "I enjoy watching my clients shed beliefs and habits that hinder their growth, empowering them to become a more healed version of their true selves."

The name of her practice, Crossing Bridges Psychology, reflects Dr. Gracia's belief in the importance of taking proactive steps toward healing. Inspired by the adage, "I'll cross that bridge when I get there," she encourages her clients to consider the bridges they have been hesitant to cross in their lives. "Together, we can build those bridges to a healthier, more fulfilling life," she states.

Learn More about Dr. Darleen J. Gracia:

Through her findatopdoc profile,
<https://www.findatopdoc.com/doctor/82641037-Darleen-Gracia-Psychologist> or through her website,

<https://www.crossingbridgespsych.com/home>

About FindaTopDoc.com

FindaTopDoc is a digital health information company that helps connect patients with local physicians and specialists who accept your insurance. Our goal is to help guide you on your journey towards optimal health by providing you with the know-how to make informed decisions for you and your family.

Media Contact

Your Health Contact

*****@yourhealthcontact.com

Source : Darleen J. Gracia, Psy.D

[See on IssueWire](#)

