

Dr. Melissa Bangle: Navigating Life's Challenges with Compassionate Expertise

Empowering Individuals To Overcome Psychological Obstacles Associated With Chronic Illnesses and Life Transitions



New York City, New York Jul 31, 2025 ([IssueWire.com](https://www.issuewire.com)) - A licensed clinical psychologist and specialist in chronic illness psychology, Dr. Bangle is dedicated to helping individuals manage the psychological effects of major life transitions, trauma, anxiety, depression, and long-term medical conditions. With a strong background in health and rehabilitation psychology, she provides integrative, evidence-based care tailored for those facing chronic illnesses, injuries, and disabilities.

Dr. Bangle's journey into psychology stems from her earlier aspirations in occupational therapy and medicine, motivated by a profound desire to support individuals with disabilities. She earned her Bachelor's degree in Physiology and Exercise Science from West Virginia University School of Medicine, where her foundation in health and fitness began. Her path transitioned to psychology as she completed both her Master's and Doctorate degrees with a focus on rehabilitation psychology, enhancing her ability to understand and treat complex psychological needs.

Having received advanced training within the VA healthcare system, Dr. Bangle has gained invaluable insights into the unique cultural and clinical challenges faced by Veterans with disabilities. This diverse experience allows her to collaborate effectively with other healthcare professionals, ensuring comprehensive care that addresses emotional, cognitive, and physical challenges.

Dr. Bangle is extensively trained in Cognitive Behavioral Therapy (CBT), and she incorporates mindfulness, clinical hypnosis, and grief counseling into her practice. She specializes in conducting presurgical psychological evaluations for various procedures, including spine surgery, bariatric surgery, and organ transplantation. With a biopsychosocial approach, Dr. Bangle recognizes the intricate interplay between the body, mind, and environment in health and healing.

Her passion for supporting individuals with disabilities is deeply rooted in her childhood experiences. Growing up with a father who is a biomedical device engineer, she gained unique insights into the daily lives of those with chronic medical conditions. Through volunteering and providing recreational opportunities for children and adults with disabilities, Dr. Bangle remains committed to empowering her clients to achieve the highest quality of life possible.

In her personal life, Dr. Bangle enjoys vacationing in the Great Smoky Mountains, gardening, hiking, swimming, and spending time with her family and two dogs. Her holistic approach to life and therapy reflects her belief in the importance of balance and well-being.

Learn More about Dr. Melissa Bangle:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/84173801-Melissa-Bangle-Psychologist> or through Finding Solutions Counseling Centers, <https://findingyoursolution.com/our-clinicians/dr-melissa-bangle/>

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