

Dr. Tricia Robinson Advances Holistic Mental Health Care in Seattle, WA

Licensed clinical psychologist brings trauma-informed, strength-based services to diverse adult and adolescent populations



New York City, New York Jul 3, 2025 ([IssueWire.com](https://www.issuewire.com)) - Tricia Robinson, PSY.D., is a dedicated Licensed Clinical Psychologist based in Washington state, where she provides a range of psychological services that cater to diverse client needs. With practices located at The Center for Family and Lifespan Development in Federal Way and The Center for Psychological Health in Seattle, as well as her private practice in Tacoma, Dr. Robinson offers specialized therapies, including Cognitive Behavioral Therapy (CBT), trauma and PTSD treatment, and faith-based counseling. Her commitment to her clients is evident through her thoughtful approach to mental health, which emphasizes evidence-based practices and compassionate support.

In January 2025, Dr. Robinson took on a new leadership role as the Owner and Executive Director of Bhadra Recovery in Woodinville. This innovative facility focuses on providing fair alcohol and drug evaluations for individuals facing court-related issues, including DUI cases and family court matters. Bhadra Recovery also offers outpatient treatment options, including individual counseling and support groups, further extending Dr. Robinson's reach and impact in the community.

Dr. Robinson holds a Doctor of Psychology Degree from George Washington University, which she obtained in 2016, and a Master's Degree in Counseling Psychology from Gordon-Conwell Theological Seminary, earned in 2000. She is passionate about facilitating positive change in her clients' lives, believing that self-awareness can lead to transformative behavioral change. By helping individuals understand their past and present behaviors, she supports them in achieving peace, joy, and personal success.

Her extensive experience spans both hospital and outpatient settings, equipping her to meet the diverse needs of clients with long-term mental health disorders as well as those dealing with short-term situational challenges. Dr. Robinson fosters genuine relationships with her clients, collaborating with them to explore relational dynamics, unresolved conflicts, needs, desires, and behaviors. She specializes in working with individuals aged 16 and older, with a particular focus on military personnel and their families. Having served as a soldier herself, Dr. Robinson has firsthand insight into the unique challenges of military life, including the emotional and social toll it can take on service members and their families.

Outside of her clinical practice, Dr. Robinson's professional background includes roles with Booz Allen Hamilton and service as a finance officer in the Army, where she currently serves in the Army Reserve as a psychologist. She is proud to be a member of the Pat Tillman community, which is dedicated to making a lasting impact on the lives of others.

Dr. Tricia Robinson's unwavering commitment to empowering individuals on their healing journeys underscores her belief in the potential for change and recovery, making her a valuable resource for those seeking support in their mental health journeys.

Learn More about Dr. Tricia Robinson:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/3433782-Tricia-Robinson-Psychologist>, or through Seattle MindWorks, seattlemindworks.com

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