

Laura M. Sturgis, Ph.D.: Licensed Clinical Psychologist at Transformational Living Center

Pioneering Holistic Psychotherapy and Integrative Spiritual Healing



New York City, New York Aug 7, 2025 ([Issuewire.com](https://www.Issuewire.com)) - The Transformational Living Center is proud to announce that Laura M. Sturgis, Ph.D., a highly respected Licensed Psychologist, has been providing exceptional mental health services in private practice since 1985. With four decades of experience, Dr. Sturgis has dedicated her career to helping individuals of all ages navigate their emotional and psychological challenges through a unique blend of traditional and advanced therapeutic

techniques.

Dr. Sturgis's extensive background includes significant roles at the Utah State University Counseling Center and the Veterans Administration in Honolulu, as well as with children, adolescents, and families at the Children's Day Treatment Program. Her contributions as a consultant to Diamond Head Children's Mental Health and Kauai Children's Mental Health Services further highlight her commitment to enhancing mental health care in Hawaii.

At the Transformational Living Center, Dr. Sturgis employs a multi-modal, eclectic treatment approach that is individualized for each client. She utilizes a range of both Western and Eastern psychotherapeutic tools, focusing on results that empower clients to achieve their healing. "I believe in the inherent ability of the individual to heal oneself," Dr. Sturgis explains. "By honoring all religious and spiritual beliefs, I act as a catalyst for psycho-spiritual awareness, integration, and healing, congruent with the client's belief system."

The Transformational Living Center stands out for its holistic, integrative approach to mental health. According to Dr. Sturgis, "We incorporate counseling, life skills training, traditional Western psychotherapeutic techniques, and advanced transformational and spiritual healing to treat a variety of physical, emotional, mental, and spiritual problems." This comprehensive methodology addresses the whole person, ensuring that clients receive the most effective support tailored to their unique needs.

In addition to her practice, Dr. Sturgis is the evolutionary developer of "Quantum Transformational Healing," a hypnotic or guided imagery process designed to facilitate profound personal change. As a spiritual teacher, healer, visionary, and international speaker, she continues to inspire individuals around the globe in the realm of spiritual transformation.

Learn More about Dr. Laura M. Sturgis:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/3255169-Laura-Sturgis-Psychologist> or through her website, <https://www.drlauramsturgis.com/>

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Source : Dr. Laura M. Sturgis

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