

RISE Life Solutions: Pioneering Culturally Sensitive Mental Health Care with Roslyn L. Sanchez, PhD

Transforming Lives Through Compassionate Therapy and Holistic Wellness Retreats



New York City, New York Aug 12, 2025 ([IssueWire.com](https://www.issuewire.com)) - Roslyn L. Sanchez, PhD, a licensed psychologist with over two decades of experience, is proud to announce her integrative mental health care practice, RISE Life Solutions, LLC which is dedicated to Redefining, Improving, Strengthening, and Evolving the lives of individuals, couples, and families. Dr. Sanchez and her collaborative team of licensed mental health professionals are committed to providing high-quality, culturally sensitive care tailored to the unique needs of their diverse clientele. Her expertise lies in treating anxiety, depression, life transitions, trauma, relationship challenges, executive leadership development, and the nuanced intersections of race, culture, and identity.

Renowned nationwide, Dr. Sanchez is celebrated for delivering therapy that is both culturally sensitive and deeply affirming of each patient's identity. Dr. Sanchez and her team of clinicians at RISE Life Solutions are redefining the therapy experience for individuals, couples, and groups seeking deeper emotional connection, identity integration, and sustainable personal growth.

Dr. Sanchez's passion lies in helping her patients feel seen, heard, and empowered through healing that honors the fullness of their backgrounds, beliefs, identities, and relational stories. She believes that lasting connection begins when each patient feels safe enough to bring their whole self into the healing space—cultivating trust, resilience, and authentic intimacy.

As a leader in inclusive mental health care, Dr. Sanchez brings together a powerful blend of evidence-based theories within a humanistic approach, including Emotionally Focused Therapy, Mindfulness-Based Practices, Psychodynamic Methods, Family System Theories, Cognitive Behavioral Therapy, and Gottman Method Couples Therapy (Level 2 Training). Her practice is especially attuned to improving relationships and encouraging open, non-judgemental self-exploration, empowering patients to strengthen their sense of identity in difficult moments and throughout their life journey.

RISE Life Solutions is proud to offer a safe, affirming space for healing, reflection, and meaningful connection for *all* relationships—romantic, platonic, and familial. Her strength-based, trauma-informed, emotionally focused relationship therapy empowers her patients to process emotions, enhance self-awareness, communicate vulnerably and authentically, and recognize their unique relational dynamics and thought patterns that hinder relational well-being. “Enhancing your relationship takes courage and radical self-honesty,” says Dr. Sanchez. “I’ve built a practice that not only honors your emotional experience but also supports real, lasting transformation—within yourself and your relationships.”

Dr. Sanchez brings a distinguished history of leadership in high-acuity clinical environments, having directed multidisciplinary teams as Clinical Director of a licensed psychiatric hospital and served as Chief Psychologist at California's RJ Donovan State Prison. With advanced training in trauma-informed care and a proven record of addressing workplace burnout and executive leadership challenges, she offers high-achieving professionals the insight, strategies, and support they need to thrive at every stage of their career.

In addition to offering secure virtual therapy across 41 states via PSYPACT, Dr. Sanchez and her team curate luxurious, deeply personalized destination wellness retreats in healing locations such as Oahu, San Diego, and Bali—with additional retreats available at destinations tailored to client needs. These soulfully curated experiences serve as sanctuaries of transformation—fully customizable and intentionally designed for discerning individuals and couples. Each retreat blends psychotherapeutic processes with restorative healing arts including yoga, sound therapy, breathwork, and mindfulness practices. Set in serene, luxury environments, they provide an immersive, holistic journey to unplug, restore inner balance, and reconnect to self emotionally and relationally.

Dr. Sanchez leads a diverse, like-minded team of practitioners who share her commitment to clinical excellence, cultural humility, and inclusive, collaborative care. Together, they offer individual, couples and group psychotherapy and elevated therapeutic retreats grounded in integrity, innovation, and compassion.

Practice Offerings Include:

Inclusive couples therapy, with specialization in interracial, intercultural, and LGBTQIA+ dynamics

Individual therapy focused on emotional wellness, identity development, and life transitions

Group therapy that nurtures personal healing, inspires self-discovery, and strengthens bonds within a connected community

Secure telehealth services across PSYPACT states

Bespoke domestic and international retreats with integrated healing arts

High-quality therapeutic care from a diverse team of culturally competent clinicians

RISE Life Solutions is currently expanding in Maryland and California and welcomes licensed professionals who align with its values of compassion, collaboration, and clinical excellence. Interested clinicians may inquire at careers@riselifesolutions.com.

Learn More about Dr. Roslyn L. Sanchez:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/2707802-Roslyn-Sanchez-Psychologist>

or through her website, <https://www.riselifesolutions.com/about/>

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.

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