

Dr. Robert Uri Heller, PhD Integrating Clinical and Organizational Psychology for Personal and Professional Growth



Chicago, Illinois Sep 25, 2025 ([Issuewire.com](https://www.issuewire.com)) - Dr. Robert Uri Heller is a distinguished psychologist based in Chicago, Illinois, with over 40 years of experience in both clinical and organizational settings. His dual expertise allows him to address a wide spectrum of challenges—from chronic pain and mood disorders to team dynamics and workplace culture—offering a truly holistic approach to mental health and performance enhancement.

Clinical Excellence

Dr. Heller specializes in treating chronic pain, anxiety, and mood disorders, working with individuals, couples, and teams. His therapeutic approach is rooted in Cognitive Behavioral Therapy (CBT), and Rational-Emotive Therapy. He also incorporates Acceptance and Commitment Therapy (ACT), particularly in support groups like “Living Better With Chronic Pain,” helping participants build resilience and improve quality of life.

Organizational Impact

As co-founder of the Trust Well Network, Dr. Heller brings psychological insight into the workplace, helping companies optimize team performance and culture. TrustWell’s cloud-based AI platform enables organizations to better understand workforce talent, coach effectively, and build scientifically aligned teams. With decades of experience in profiling systems, Dr. Heller helps businesses match individuals to roles that align with operational goals, manage teams productively, and overcome barriers to success.

Educator & Mentor

Dr. Heller has supervised and trained doctoral students for over 32 years, reflecting his deep commitment to education and the advancement of psychology. His mentorship continues to shape the next generation of clinicians and consultants.

A Lifelong Commitment

Residing in Chicago, Dr. Heller remains deeply engaged in community service, education, and innovation. His integrated approach to psychology makes him a trusted resource for those seeking meaningful change—whether in personal well-being or organizational effectiveness.

Learn More about Robert Uri Heller, PhD:

Through his <https://www.findatopdoc.com/doctor/3468915-Robert-Heller-Psychologist>

or through <https://trustwellnetwork.com/the-story/robert-heller-phd/>.

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