

Anna E. Tobia, PhD: Pioneering Integrative Health Psychology in Philadelphia

Celebrated Clinical Psychologist and NET Expert Enhances Mental Health Services at the Marcus Institute of Integrative Health



Philadelphia, Pennsylvania Nov 11, 2025 ([Issuewire.com](https://www.issuewire.com)) - A series of pioneering studies led by

Anna E. Tobia, PhD, Licensed Clinical Psychologist and Advanced Certified Practitioner of the Neuro Emotional Technique (NET), has unveiled compelling evidence that emotional health interventions can produce measurable changes in brain function and autonomic regulation.

Dr. Tobia's research—conducted in collaboration with interdisciplinary teams at the Marcus Institute of Integrative Health—is among the first to scientifically document how mind-body therapies influence brain networks and physiological balance. Her findings have been published in several peer-reviewed journals, marking a significant contribution to the growing field of integrative neuroscience.

Peer-Reviewed Publications and Key Findings

- Brain Functional Connectivity Changes on fMRI in Patients with Chronic Pelvic Pain Treated with the Neuro Emotional Technique: A Randomized Controlled Trial

This landmark study demonstrated that NET treatment produced significant changes in brain functional connectivity in patients suffering from chronic pelvic pain. Altered activation patterns were observed in regions linked to pain perception and emotional regulation, suggesting NET's potential to modulate how the brain processes chronic pain.

- Changes in Cerebellar Functional Connectivity and Autonomic Regulation in Cancer Patients Treated with the Neuro Emotional Technique for Traumatic Stress Symptoms

Focused on cancer patients coping with traumatic stress, this research revealed enhanced cerebellar and limbic system connectivity as well as improved autonomic balance—including increases in heart rate variability, a key marker of nervous system regulation. The results indicate that NET may support neurophysiological recovery from emotional trauma.

- Neuro Emotional Technique Effects on Brain Physiology in Cancer Patients with Traumatic Stress Symptoms: Preliminary Findings

Preliminary neuroimaging findings showed distinct changes in brain regions involved in emotional processing, including the amygdala and prefrontal cortex. Participants reported reduced emotional distress and improved well-being, aligning subjective outcomes with objective fMRI data.

Patients in clinical studies have described feeling happier, lighter, and more at peace, with noticeable relief from depression and anxiety — and those who work with Dr. Tobia often share the same experience. Her compassionate and science-backed approach helps people move beyond old trauma and step into the lives they've always wanted to create. What's truly inspiring is how quickly transformation can happen. Many clients begin to feel better after only a few sessions, and brain scans reveal meaningful, lasting changes — proof that healing isn't just possible, it's real and measurable.

For over two decades, Dr. Tobia has been a cornerstone of the Marcus Institute of Integrative Health in Philadelphia. She specializes in treating anxiety, depression, attention issues, eating disorders, and the emotional aspects of medical illness. Her holistic practice integrates evidence-based modalities such as EMDR, hypnosis, and Neuro Emotional Technique (NET) to address both psychological and physiological dimensions of healing.

A graduate of Saint Louis University with a PhD in Clinical Psychology, Dr. Tobia completed her pre- and post-doctoral residencies in Clinical and Health Psychology at the University of Florida Health Science Center. She currently serves as an Instructor in the Department of Integrative Medicine &

Nutritional Sciences at Sidney Kimmel Medical College, where she mentors future leaders in integrative health.

Beyond her journal publications, Dr. Tobia has contributed chapters to leading academic texts, including Integrative Medicine for Children (Elsevier Press) and Integrative Psychiatry and Brain Health (Oxford Press). She is a lead co-author and interventionist for all published NET studies and continues to advance research on brain recovery following head trauma.

In recognition of her contributions, Dr. Tobia was named “Doctor of the Year” by the One Research Foundation in 2021 for her groundbreaking work in Neuro Emotional Technique.

Learn More about Dr. Anna E. Tobia:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/1486373-Anna-Tobia-Psychologist> or through Jefferson Health, <https://www.jeffersonhealth.org/find-a-doctor/t/tobia-anna-e>

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