

Suzana Adams, Psy.D.: America's Best in Medicine—Recognized Multilingual Psychologist in Phoenix

Transforming Lives Through Culturally Sensitive Approaches and Tailored Therapeutic Techniques



Phoenix, Arizona Jan 29, 2026 ([Issuewire.com](https://www.issuewire.com)) - Suzana Adams, Psy.D., is a multilingual clinical psychologist in private practice in Phoenix, Arizona, offering both in-person and online psychotherapy. Her professional formation is international in scope, beginning with studies in psychoanalysis at the Sorbonne in Paris and in Brazil, and continuing with advanced clinical training in psychology at Argosy University in the United States. With over 17 years of clinical experience, Dr. Adams brings depth, cultural fluency, and sound clinical judgment to her work, offering a personalized approach for

individuals, couples, and families navigating complex psychological and life challenges.

Dr. Adams specializes in helping individuals navigate a wide range of psychological concerns, including depression, anxiety, trauma, and major life transitions. Her work is informed by deep, integrative clinical training in psychodynamic and existential-humanistic theories, complemented by cognitive-behavioral frameworks when clinically appropriate. Dr. Adams may draw on selected therapeutic tools—such as EMDR, Internal Family Systems–informed concepts, or expressive techniques—when clinically indicated. These interventions are used thoughtfully and sparingly, in service of a broader, depth-oriented therapeutic process tailored to each individual. This integrative orientation allows her to engage therapy as a thoughtful, depth-oriented process—one that honors complexity, meaning, and the individuality of each person’s psychological life.

A hallmark of Dr. Adams’ practice is her culturally sensitive approach. Fluent in English, French, Spanish, and Portuguese, she effectively connects with a diverse clientele, ensuring that cultural and relational contexts are integrated into her therapeutic work. Dr. Adams believes that understanding the client’s background is crucial for effective therapy, and she strives to create an inclusive environment where everyone feels valued and understood.

As a Certified Clinical Trauma Provider and specialist in personality dynamics, Dr. Adams supports individuals navigating grief, relationship and identity concerns, and cross-cultural challenges, helping them cultivate clarity, resilience, and a more meaningful connection to themselves and others.

Learn more about Dr. Suzana Adams:

Through her America’s Best in Medicine profile, <https://americasbestinmedicine.com/providers/suzana-adamspsyd> or through her website, <https://www.suzanaadamspsyd.com/>

America’s Best in Medicine

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