

America's Best in Medicine Recognizes Amarilys Galloza-Carrero for Pioneering Culturally Sensitive Mental Health Care

Founder of Make It Possible, LLC, Delivers Inclusive, Compassionate, and Evidence-Based Therapeutic Services



Waldorf, Maryland Feb 5, 2026 (IssueWire.com) - Amarilys Galloza-Carrero, PhD, Ch-C, CAMS-II, a highly respected multilingual clinical psychologist and telehealth specialist, continues to make a meaningful impact in the field of mental health through her work at Make It Possible, LLC in Waldorf, Maryland, where she serves as Founder and Owner. Offering both in-person and telehealth services, Dr. Galloza-Carrero is deeply committed to providing culturally sensitive, linguistically inclusive, and evidence-based care tailored to the unique needs of each individual she serves.

Fluent in Spanish, English, American Sign Language, and Spanish Sign Language, Dr. Galloza-Carrero's rare linguistic versatility allows her to connect with a broad and diverse client population. This ability enhances trust, understanding, and therapeutic outcomes, particularly for individuals and families who may otherwise face barriers to accessing quality mental health services.

Dr. Galloza-Carrero specializes in a wide range of clinical areas, including language acquisition and attention, addictive behaviors, anger management, trauma, autism spectrum disorders, and psychological evaluation. She is also a Certified Clinical Hypnotherapist and holds a telehealth certification from Northeastern University, ensuring that her practice remains accessible, modern, and responsive to evolving healthcare needs. Her therapeutic approach blends empathy with research-driven methods, empowering clients to navigate challenges and achieve sustainable personal growth.

Dr. Galloza-Carrero earned both her PhD and Master's Degree in Clinical Psychology from Gallaudet University and completed her undergraduate studies at the University of Puerto Rico, Río Piedras. In addition to her academic achievements, she holds numerous advanced certifications, including Certified Anger Management Specialist (Level II), Certified Clinical Trauma Specialist – Trauma and Addiction, Certified Addiction Informed Mental Health Professional, Certified Autism Spectrum Disorder Clinical Specialist, and formal training in motivational interviewing using ASAM criteria.

"What I enjoy most about practicing medicine is witnessing the moment when a person realizes they are so much more than they ever believed," says Dr. Galloza-Carrero. "Helping individuals uncover their strengths, challenge old patterns, and step into their true potential is incredibly fulfilling. I'm also deeply motivated by the process of understanding human behavior—figuring out why people do what they do and how their experiences shape their choices. That insight allows me to guide them toward growth, healing, and greater self-awareness."

Dr. Galloza-Carrero has been recognized as a TOP Mental Health Doctor throughout Maryland and Virginia and has been featured on TOP Doctors Interviews since 2024, airing on CNN Headline News, BRAVO, Oprah Winfrey Network, MSNBC, and other major networks.

Through Make It Possible, LLC, Dr. Amarilys Galloza-Carrero is empowering individuals and families to achieve their full potential while honoring their cultural, linguistic, and emotional needs. As she continues to make significant strides in the mental health field, her dedication to compassionate care remains unwavering.

Learn more about Dr. Amarilys Galloza Carrero:

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/providers/amarilys-gallozacarrero> or through her website, <https://makeitpossibledr.com/>

America's Best in Medicine

America's Best in Medicine is a specialist online platform dedicated to amplifying the voices of leading healthcare professionals across the United States. They bring together top healthcare providers from all specialties and cities to share expert-driven articles, research, commentary, and clinical insight. Their core purposes are to showcase excellence in healthcare, build trust between providers and the public, and ensure that expert voices are elevated and heard in shaping medicine. Through their platform, users can access a community of leaders, opportunities for providers to share expertise, and trusted guidance for patients and peers alike.

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