

Leading Psychologist Dr. Lorie Salinas, Recognized By America's Best In Medicine, Launches Virtual Telehealth Services

Innovative Approaches to Therapy Provide Accessible, Empathetic Care for Individuals and Couples at all Life Stages, Including for Military Personnel and Veterans



Katy, Texas Feb 24, 2026 ([IssueWire.com](https://www.issuewire.com)) - Healing Arts Pathways, PLLC, led by esteemed psychologist Dr. Lorie Salinas, is proud to announce the launch of its virtual telehealth psychotherapy services in Texas. With over 15 years of experience in providing evidence-based psychological support, Dr. Salinas offers compassionate care tailored to the unique needs of adult individuals and couples, with a special focus on treating stress-related, emotional, existential/spiritual, behavioral, and intimacy concerns.

Dr. Salinas, a licensed psychologist, is dedicated to fostering resilience, healing, and sustainable change through an integrative approach that honors the unique layers of each client's experiences. "At Healing Arts Pathways, PLLC, we understand that mental health is a deeply personal journey. Our goal is to provide a safe and supportive environment where clients can explore their thoughts, feelings, and how they can envision meeting their goals," said Dr. Salinas. "The convenience of virtual therapy allows us to reach individuals who may have difficulty accessing traditional in-person services and reach those juggling so many responsibilities that it becomes hard to justify time for travel to appointments, especially when they can visit virtually from their home or other private and familiar space."

Holding a Doctor of Philosophy (PhD) in Counseling Psychology and a Master of Science in Education (MSEd) in Mental Health Counseling from the University of Miami, along with a Bachelor of Arts in Psychology from Trinity University with a combined minor in Art and Art History, Dr. Salinas brings a wealth of knowledge and expertise to her practice. Her clinical specialties include trauma and stress-related conditions; mood and anxiety disorders; relational, intimacy, and behavioral concerns; reproductive and sexual health; grief and loss; and complex life transitions.

Dr. Salinas' approach to therapy is grounded in trauma-informed care and evidence-based practices. She emphasizes the importance of attentive listening, meeting clients where they are in their mental health journeys, and collaborative formulation, ensuring that interventions are tailored to align with each client's values and therapeutic goals. "Every individual's journey is unique, and I strive to create a personalized therapeutic experience that empowers clients to navigate toward their goals and build healthier relationships—with themselves, fully, and with others," she added.

In addition to her clinical work, Dr. Salinas is committed to education and mentorship in the field of psychology and to the development of emerging mental health professionals. She has been affiliated with the University of St. Thomas in Houston, Texas; the Menninger Department of Psychiatry and Behavioral Sciences in Houston, Texas; the Department of Psychiatry at the Dell Medical School, University of Texas at Austin, Texas; the Department of Psychiatry and Behavioral Sciences at Texas A&M University; and the Department of Educational and Psychological Studies at the University of Miami, in Coral Gables, Florida in positions as Adjunct faculty; Instructor; Clinical Professor; or Predoctoral Instructor.

Dr. Salinas strives to bring personalized approaches, delivering evidence-based treatments for her clients' needs and goals. Her exceptional contributions to the field have been recognized with a Certificate of Recognition in 2025 for outstanding leadership in implementing an evidence-based program that achieved significant enrollment milestones to prevent postpartum depression among women. In her early career in 2007, she was honored with a Certificate of Appreciation "In recognition of her grace, poise, and fortitude in the face of unusually challenging patients and extraordinary situations." She has shared, "My highest honors come when my clients experience the joy of owning what matters to them most, freely and honestly, and they join therapeutically in a path to get there."

Learn more about Lorie Salinas:

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/providers/lorie-salinas>

America's Best in Medicine

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