

Dr. Katelyn McGee - Bio

I am a clinical psychologist and work with children, adolescents and adults from various cultural, socio-economic, and religious backgrounds struggling with an array of difficulties. Therapy is an invaluable instrument for emotional healing and growth. My approach is warm, practical and collaborative, facilitating a safe, non-judgmental space for individuals to work through painful experiences and emotions and challenge deeply held beliefs that can prevent one from living life with more comfort, freedom and fulfillment. I believe in the innate strength and resilience of the human spirit and in the capacity for healing despite the challenges or hardships one has endured or is currently facing. Through a strong therapeutic alliance individuals have the opportunity to safely access, process, and deconstruct the thoughts, feelings, and patterns that have contributed to their suffering and find new, healthier ways of coping and adapting to the inevitable stressors of life. A central component of my practice includes integrating both solution-focused strategies while also promoting self-awareness and self-compassion, powerful agents of change that can improve one's quality of life, relationships with oneself and others, and enhancing well-being. In my practice I work with individuals struggling with a range of challenges including mood disorders, anxiety, depression, trauma, grief & bereavement, life transitions, and self-esteem and assertiveness difficulties. I also specialize in providing therapy to medically complex children, adults and their family members as they face the stressors associated with coping with acute and/or chronic illnesses.