

Catherine Hiltz, PhD, Psychologist in private practice

Get to know Psychologist Dr. Catherine Hiltz, who serves patients in Ann Arbor, Michigan.



New York City, May 7, 2019 (IssueWire.com) - Dr. Hiltz is a licensed psychologist who provides counseling and therapy services for children, adolescents, adults and families in and around Ann Arbor, Michigan. She provides a safe, empathic, non-judgmental, and confidential place to discuss and work through what is troubling patients and their families. She values each person's individuality and attends to that which is unique to him or her. She also strives to recognize and help each person honor his or her self in healthy ways.

Dr. Hiltz received her PhD from Fielding Graduate University in Santa Barbara, California in 2011.

Dr. Hiltz holds professional memberships with several organizations, including the American Psychological Association, the Michigan Psychological Association, the National Register of Health Service Providers in Psychology, and the Society for the Exploration of Psychotherapy Integration.

Psychology is the science of behavior and mind. It includes the study of conscious and unconscious phenomena, as well as feeling and thought. As a psychologist, Dr. Hiltz helps explore patterns and obstacles that may be interfering with a patient's ability to experience a more fulfilling and meaningful life. By applying complementary therapy approaches and techniques, she strives to better understand and resolve personal or life challenges, thereby leading patients on a positive path of growth and well-being.

Dr. Hiltz's areas of expertise include depression and anxiety, ADHD, childhood behavioral difficulties or concerns, parent guidance, trauma and recovery, school and social difficulties, gender identity, self-concept, life transitions, learning disabilities and difficulties, and stress management.

In her spare time, Dr. Hiltz enjoys art and outdoor activities.

Learn More about Dr. Catherine Hiltz:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/82380873-Catherine-Hiltz-Counselor-Therapist> or through her own private practice, <https://www.catherinehiltzphd.com/>

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