

## **Judith Clifford, PhD, a Licensed Clinical Psychologist with Annapolis Psychological Services**

Get to know Licensed Clinical Psychologist Dr. Judith Clifford, who serves patients in Annapolis, Maryland.



New York City, Jul 1, 2020 ([IssueWire.com](http://www.IssueWire.com)) - Dr. Clifford is a licensed clinical psychologist in the

state of Maryland and credentialed with the National Register of Health Service Psychologists. Her private practice - Annapolis Psychological Services - is located in Annapolis, Maryland.

There, she provides individual, group, and couples therapy for adults and children struggling with many issues, including work/academic, anxiety, depression/mood, sports, health, and relationship problems. Her primary therapeutic approach utilizes positive psychology and combines the application of cognitive-behavioral and mindfulness-based therapies. "I believe that it's a psychologist's job to collaborate with clients on areas of change. We should nurture, challenge, and ultimately become unnecessary" as stated by the doctor.

Before embarking on her professional journey, Dr. Clifford received her Doctor of Philosophy (PhD) in Clinical Psychology from the University of Maryland, Baltimore County in 2005. Since then, she has worked in a variety of settings, including the R Adams Cowley Shock Trauma Center at the University of Maryland Medical Center, Clifton T Perkins Hospital, Walter Reed Hospital, and the Dilorenzo Clinic at the Pentagon.

Although Dr. Clifford understands that therapy is not easy, she believes that patients who are willing to work in close partnership with their psychologist often find relief from their emotional distress and begin to lead more productive and fulfilling lives.

Clinical psychology is a broad branch of psychology that focuses on diagnosing and treating mental, emotional, and behavioral disorders. Some of the more common disorders that might be treated include learning disabilities, substance abuse, depression, anxiety, and eating disorders. Licensed clinical psychologists meet with patients to identify problems - emotional, mental, and behavioral - in their lives. Through observation, interviews, and tests, they aim to diagnose any existing or potential disorders.

When she is not counseling, Dr. Clifford enjoys spending time with her husband and two children.

### **Learn More about Dr. Judith Clifford:**

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/3172733-Judith-Clifford-Neuropsychologist> or through Annapolis Psychological Services, <http://www.annapolispsychology.com/meetjudy>

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