

Erin K. Leonard, LCSW, PhD, a Psychotherapist in Private Practice

Get to know Psychotherapist Dr. Erin K. Leonard, who serves patients in the Michiana area.



New York City, New York May 16, 2022 ([IssueWire.com](http://www.IssueWire.com)) - Dr. Leonard is a psychotherapist, award-winning author, keynote speaker, TV contributor, and weekly blogger for Psychology Today. For more than 20 years, she has helped her clients recover their well-being and improve their mental health.

With years of training and a clear understanding of what goes into providing a compassionate approach to psychotherapy, Dr. Leonard provides unique counseling and therapeutic services in the Michiana area. Her extensive training and wealth of experience ensure her clients experience improvement quickly. She specializes in individual, couples, and family therapy. However, her practice is a safe and open space for anyone with the need to be heard, understood, and treated.

In addition to managing a successful private practice, Dr. Leonard is also very active increasing her knowledge and delivering her message across a variety of outlets. She attributes her success to being extremely empathetic, having great professors, as well as being knowledgeable about child development, which helps her to look at cases through a more humanitarian lens and to be able to identify early trauma.

Pertaining to her educational background, she graduated from the University of Iowa with a Bachelor of Arts degree. She then proceeded on to the University of Michigan, where she graduated with her Master's degree. Finally, she received her Doctorate degree at The Institute for Clinical Social Work in Chicago, Illinois.

Among her many accomplishments as a national expert on psychotherapy, Dr. Leonard is the author of five books: *How to Raise a Secure Child*, *Parenting with Empathy* (2018); *Loving Well: The Key to Satisfying and Joyful Relationships* (2016); *The Battle Against Juvenile Bullying: The Plague of Child and Teen Bullying in the Schools and How to Stop It* (2014); *Emotional Terrorism: Breaking the Chains of a Toxic Relationship* (2014); and *Adolescents with HIV: Attachment, Depression, and Adherence in Adolescents with HIV* (2008). She has also appeared on WGN and FOX affiliates in Dallas, Boston, Memphis, Atlanta, and Phoenix, as well as contributed a series of articles on depression and anxiety to magazines.

Psychotherapy is the use of psychological methods, particularly when based on regular personal interaction, to help a person change behavior and overcome problems in desired ways. Psychotherapists work with clients who are affected by difficulties such as depression, phobias, stress, anxiety, emotional and relationship problems, physical or psychosomatic disorders, and behavioral problems.

When Dr. Leonard is not writing, helping people get better, or speaking in the media or other organizations, she loves to spend time with her two children, Mary and Kenny. Enjoying the great outdoors, they love to go ice skating and rock climbing.

Learn More about Dr. Erin K. Leonard:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/8136839-Erin-Leonard-Psychologist-Mishawaka-Indiana-46530>, or through her website, <http://drerinleonard.com/>

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Source : Erin K. Leonard, LCSW, PhD

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