

## **Julie Trim, a Licensed Clinical Psychologist with Julie Trim, PhD & Associates**

Get to know Licensed Clinical Psychologist Dr. Julie Trim, who serves patients in San Diego, California.



**New York City, New York Oct 30, 2023 ([IssueWire.com](https://www.issuewire.com))** - A licensed clinical psychologist, Dr. Trim is the Founder and Clinical Director of Julie Trim, PhD & Associates in San Diego, California. She provides compassionate, evidence-based treatment for a variety of problems including eating disorders, anxiety and mood disorders, PTSD, and borderline personality disorder (BPD)/emotion dysregulation. She approaches her clients with respect, warmth, and cultural humility and feels that having a strong therapeutic relationship is central to the success of therapy.

In addition to seeing clients, Dr. Trim provides ongoing supervision and consultation to colleagues, publishes in scientific journals, and participates in cutting-edge clinical research. She has served as a therapist on several randomized clinical trials of psilocybin since 2020 for conditions such as treatment-resistant depression (TRD), anorexia nervosa, and phantom limb pain.

Furthermore, Dr. Trim serves as the Director of Training for Well Equipped IOP, a virtual comprehensive DBT IOP program for clients in several U.S. states (<https://www.wellwilliamsburg.com/wellequipped>).

Her academic journey began with a Bachelor of Arts Degree in Psychology and Spanish from the University of Michigan, a foundation that laid the groundwork for her future pursuits. Subsequently, she pursued a Ph.D. in Clinical Psychology at Arizona State University, a significant and intensive academic endeavor spanning from 2002 to 2008.

With over 15 years of treating eating disorders at the residential, partial hospitalization (PHP), intensive outpatient (IOP), and outpatient levels of care, Dr. Trim developed the UCSD Adult Eating Disorders Program in 2009 and subsequently served as Director.

An intensively trained expert in Dialectical Behavior Therapy (DBT), she is one of four psychologists in San Diego to achieve certification in DBT by the Linehan Board of Certification. She draws heavily from Cognitive Behavior Therapy (CBT) when working with depression and anxiety, and blends in DBT skills when appropriate.

Additionally, Dr. Trim has formal training and experience in two evidence-based treatments for PTSD-- Cognitive Processing Therapy (CPT) and Prolonged Exposure (PE).

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 mood disorders like depression, anxiety, or bipolar disorder, in addition to trauma influenced problems such as personality disorders and behavioral difficulties like eating disorders. Licensed clinical psychologists meet with patients to identify problems - emotional, mental, and behavioral - occurring within their lives. Through observation, interviews, and psychological tests, they aim to diagnose any existing disorders or difficulties for their patients.

Outside of work, Dr. Trim loves being outdoors (at the beach or on a hike), having dance parties at home, and curling up on the couch with a blanket and a good book. She describes herself as an extraverted introvert or an introverted extravert, depending on the day. She considers this the best of both worlds; she cherishes the time she has to herself, AND values relationships above everything else.

### **Learn More about Dr. Julie Trim:**

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/1543922-Julie-Trim-Psychologist> or through Julie Trim, PhD & Associates, <https://www.julietrimphd.com/about>

## About FindaTopDoc.com

FindaTopDoc is a digital health information company that helps connect patients with local physicians and specialists who accept your insurance. Our goal is to help guide you on your journey towards optimal health by providing you with the know-how to make informed decisions for you and your family.

## Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

Source : Julie Trim

[See on IssueWire](#)