

Diana Taylor, Ph.D., a Psychologist in Private Practice

Get to know Psychologist Dr. Diana Taylor, who serves patients in West Los Angeles, California.



New York City, New York Jan 25, 2024 ([IssueWire.com](https://www.issuewire.com)) - An attachment therapist, Dr. Taylor provides comprehensive therapeutic services at her private practice located in West Los Angeles, California.

Her diverse range of therapy options encompasses everything from evaluating prospective partners and mindfulness training to addressing life transitions, couples therapy, divorce and separation, blended families, bereavement, acculturation issues, trauma, eating disorders, depression, anxiety disorders, test preparation and performance anxiety, social skills training, stress management, parenting, adolescent therapy, guided autobiography, and chronic pain.

Throughout her academic career, Dr. Taylor graduated with her Doctor of Philosophy Degree in Clinical Psychology from the California School of Professional Psychology in 1982. She recently earned her Master's Degree in Education from Escola Americana do Rio de Janeiro in 2023.

Employing a collaborative, interactive, and individualized therapeutic approach, Dr. Taylor partners with her clients to help them achieve personal fulfillment, cultivate healthy and rewarding relationships, and attain a sense of empowerment. Together, they navigate through long standing obstacles such as negative thoughts, behaviors, or emotions, fostering insight and mindfulness to overcome emotional limitations and fears. This process leads to a clear understanding of one's path for personal growth, resulting in a healthier life filled with joy and a sense of freedom.

Notably, Dr. Taylor offers intensive relationship therapy tailored for couples, singles, teens, young adults, and older adults. Through her guidance, clients learn to communicate openly and resolve conflicts. They develop the skills to compromise, fostering healthy relationship growth and the establishment of secure attachments with loved ones.

Psychology is the science of behavior and mind. It includes the study of conscious and unconscious phenomena, as well as feeling and thought. It is an academic discipline of immense scope. Psychologists assess, diagnose, and treat the psychological problems and behavioral dysfunctions resulting from, or related to, physical and mental health. In addition, they play a major role in the promotion of healthy behavior, preventing diseases and improving patients' quality of life.

Learn More about Dr. Diana Taylor:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/3170301-Diana-Taylor-Psychologist>

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Source : Diana Taylor, Ph.D.

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